# DELIGHTS FOR LADIES,

ADORNE THEIR

Persons, Tables, Closets, and Distillatories;

WITH

Beauties, Banquets, Perfumes, and Waters.

Reade, practife, and censure.

Frinted by H.L. and R.T. and are to bee fold by lame; Boler,

# DELIGHT FOR LADIAS ADORNE THEIR Perfore, Tables, Clofes and Diffullaçonics; WITH Beauties Danquers, Tofunds and Waters." Reade, practife, and centiles LONDON ringelly by Land R. J. studger

bee fold by lames Balar,

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# To all true Louers of Art and Knowledge.

stime stime to the sound Comtimes I write the formes of burning bals Supplying wants that were by woodfals Somtimes, of tubs defended fo by Arts (mought; As fire in vaine bath their defiruction fought. ? Sometimes I write of lafting Benerage, Great Neptune and his pilgrims to content; Sometimes, of food, sweet, fresh, and durable s Tomaintain life, when all things elfe were fpent, Sometimes 1 porite of fundry forts of fayle, Which neither Ceres nor ber handmaids, knews I write to all: but fourcely one believes (true Saue Diue & Denshire, who have found them When beatiens did mourn, in cloudy mantles clad, And threatned famine to the lons of men : when sobbing earth deny dher kindly fruit a T To painfull plough man and his bindessenen then I write, relieuing remedies of dearth. That Art might belpe, where nature made a faile; Rut:

#### THE EPISTLE.

But all in vaine : thefe new torne babes of Art, In their untimely birth Braightway doe quaile. Of these or such like other new foundskils, With painfull pen, I whileme wrought as large; Expeding fill my Countries good therein, And not respecting labour, time, or charge. But now my pen and paper are perfum'd: I feerate write with coppreffe or with galt : Barbarian Canerare now become my quils: Rose-water is the inke I write withall. Of freets the freetelt I will now commend To sweetest creatures that the earth doth beare; Thefe are the Saints to whom I facrifice Profernes and conferues both of plum and peare, Empating now adiew: tush, marchpane wals Are firong enough, and best besit our age. Let piercing bullets turne to Sugar bal, The Spanish feare is hushr, and all their rage. Of Marmelade, and pafte of Genua, Of musked sugar lintend towrite, Of Leach of Sucket and Quidinea, Affording to each Lady ber delight. I teach both finits and flowers to preferue, and candy them ; fo Nutmegs, cloves & Mate; To make both Marchpane pafte, and sugerd plate, Und call the same in formes of sweetest grace. Each bird and fowle fo moulded from the life; And ofter, caft in freet compounds of Art, AS

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THE EPISTLE.

As if the flesh and forme which nature gene Did still remaine in enery time and party does of When crystall frost bath nigrate tender grape. And clean consum'd the fruits of enery vine Yet here behold the clusters fresh and faire, Fed from the branch or hanging on the line, The Walnut, small nut, and the chesnut sweet, Whose sugred kernels lose their pleasing taste, Are here from yeere to yeere preferned meet, And made by Art with ftrongest fruits to last. The Artichoke, and th' Apple of Luch stength, The Quince, Pomegranate, with the Barbarie. No fugar vs'd, yet colour, taste and smell, Are bere maintain'd and kept most naturally. For Ladies closets, and their distillatories, Both maters, aintments, and freet finelling bals, In easie tearms without affected speech, I bere prefent most ready an sheir cals. And lest with careleffe pen I should omit Thererongs ibat nature on their persons wrought, Or parchang San with his bot fierie rayes, For these likewise relieuing means I sought. No idle thoughts, or vain furmifed skils, By fancy fram'd within a theorick brain, My Muse presents unto your facred eares; To win your fanours falfely, I disdain. From painefull practice from experiences I found, though costly, mysteries derine. With

3

THE EPISTLE. with fery flames, inscorching Vulcan's Forge, To teach and fine each Secret, I do ftrine, Accept shemwell, and let my wearied Muse Kepofe ber felfe in Ladies laps ambile. So, when the wakes, the bapp'ly may record Her freteft dreumes in fome more pleasing file. रिकास वार्थ कार्य कार्य कार्य कार कार्य कार्य कार्य whose fur religiones toge their pleasing taffer Are beie from years to weare prefered meet And an in a re of Some of Some in the mediant back The Action of the base of the best of The District, I am primary mit of the Birther No fugur wid, receiving the and fined, Are been water a good been made interestly. For Endich class in and their diffithe orice. the free there's throng by the street to a relation of the ta carie to entire will out affected freeto. There are entired in edg at their date. And le l'aith la ell cont flore l'onic The word that water on their applies we angle raper of a todaid chiera H. PLAT For the fell configuration of the feet of the visite the course outs form for the felt's are fourty fame a release a theory of or sine. sty best profess was your facted cares Tomingon ganours fallely at difficien From pur chelling the collision exercisines. Joseph Son De Complexies Crine.

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Bisket bread, or French bisket 12,19
Bisket called Prince bisket a,20
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Bloud of herbs b,23
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Bottles mustic helped possis burgs
Bottle Ale most excellentii fiib re;32
Brawn to eate, tender & delicate c, 13
Broom capers preserved and a,37
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Bruise helped anoliquel sono d,24.
Butter tafting offpice or flowers a, 21
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Candying of flowers: 2,9.53 Candying in rock candy 2,33.42
Candying of Orenge pils 2,35
Candles for Ladies tables c.39

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Candles hanging inche aire c,40
Capers of broom preserved a,37
Capon beyled in white broth c.s
Calling in Sugar plate
Calting of fugar in party moulds a.42
Calting and monlding of fruit a.44
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Chine of veale or chicken boiled c, 10 Cinamon water b, 10
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Comfits of all forts
Conferus of prunes or dasons a,5051
Conferme of Strawberries a.51
Cowcumbers preserved 2,36
Cowflep palte
Sommer water, or vinegar of the co-
Jour of the Cowiled
Crayfish kept long c,31
Cream clowted c,23
A 5 Damask

Candles hanging inche airc Amask powdernoord fortdire Damfons in Marmeladed noa, 3 Damfon pulp kept all the years a,45
Damfons in conferue 1821 255052
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Gloves to perfumes Laired 15 led,34
Goofe berriespreserued a,8
Grapes growing all the yeere 1, 2,62
Grapes kept till Falten
Hawkits in rocke cast y
Andwater excellent
Hands stained, to help d,5
Hands freckled, to helpe 13 19 10 6  Hand water of Scotland word by 21
Hafell nuts kept long (15 100) 2,72
Haire black altered d,30.37
Haire made yellow and soul d,36
Herbs distilled in a new manner b,11
Herbs to yeeld falt lany no vill b,72
Herbs to yeeld blond it in 110 b,22
Hony to yeeld spirit month to b.13
Rith Aqua vita inche in Aqua vita in Aqua vi
Hop distilled in a new manner b,11
Inyce of Orenges or Lemmons kept
wil the yeer will be and 1 4:35
Aumboles to make 100 min 2,16
Cinger green in hard
Arks to boyle
Lauender Lauender

Lauender distilled	na new manner
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Pafe of fills Vidinia of Quinces wom 2,28 R Quinces into paste of genua, 30 no R Quinces in Marmelade is b 23 mi A232 Quinces kept dry all the yeer a,47 Quinces kept longold to guimia,67 R Pickerel boyled on Ric french falls on 2,10 Abbets of fugar paste Raspices ingelly again to amount H Roots preferred in belyod anongs R Roots candied shoot of 2553
Rofa folis tomake lyod and the big Rolemary flowers candied non 4.9. Role-leanes todry bourstond ansige Rofe firup sunue sunne quals Roses preserved existe extrabasas,7 Rofes and Rofeleaues candied a.g. I I Role palte it excellent fallen mun Aid 2,61 Roles kept long Roseleaus dryd without wrinkle a,63 Rosewater distil'd at Michaelmasb14 Rosewater distilled in a speedy manproduct in conferne nero Roses to yeeld'a spirit Rose

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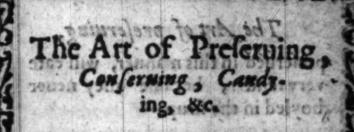
Rofe-water most excellent wobje 82 Role-warer and yet the Role-leaues not discouered Rose-water and oyle drawn together Secid of hony Szerdvnice and cleer Role water of the colour of the Role 0,27 Proceeding Rose-vinegar of the colour of the Hele Assorberries in conferna Role-vinegar made in a new mariner 3,19 Appet of green Walnuts Sugar musk C Allet oyle purified and graced us Din taste and finell in a dig ci36 Salmon kept long fresh To mile 10,16 Salt of herbs moloconstale bita Salt delicatofor the table ni lin c.38 Sawfedges of Polonia guillomi C.14 Sirup of Violets normania. Sirup of Roses Sparrowes to boyle slood on ala H Spirit of wine extraordinary Spirits of wine ordinary Spirits of spices Spirit

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larer and yet the dole-icanolder	1 - pot
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Spirit of herbs and flowers	v b,17.
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Strawberries in gelly in Tagoni	2,91
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Sucker of Lettuce Stalks 152001	-2,32
Sucket of green Walnuts	a,49
Sugar musk	a,2
Sugar patte for foule un sivon	2,10
Sugar plate to cast in the	2,13
Supar plate of flowers of 19501	a,14
Sugar plate to colour	2,38
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or cinamon 21 or V 1	271
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Teeth kept white & found	4,10
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Thyme distilled in a new mane	r b,11
Suille Suille	Troffes

Troffes for the Sea	2,39
Vinegar distilled Vinegar to clarifie	b,16
V Vinegar to clarifie	C,37
Violet firup	2.4
Violet paste	2,40,41
Violet water, or vinegar of	the co-
lour of the Violet	C,34
V fquebath w	b.9
Walnuts in fucket	a.56
V Walnuts in lucket	3,49
INDESCRIPTION OF THE PROPERTY	2,65,66
Wardens kept dry all the year	ar 2.47
Washing water sweet b,21	.d,2,28,
10000000000000000000000000000000000000	29
Whites of eggs broken speed	lily c,29
Widgen to boyle	c,6.
Wine, talting of wormwood	d, made
fpeedily	c.33
Y Tch helped	d,25

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S. S. T. S. T. Troffes for the Sea C1.5 Incrar diffilled 51.0 Vinegar to clarifie Violet firmp 1.5 Violet bafte 2.40.41 Violet water, or vinegarof the coleur of the Viples 4 5.0 Viquebath 0,0 TAfersto make 2,56 Walruts in fucket 249 Walnuts kept fresh long a,65,05
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la Campana, and so of others in the same manner.

Eeth them till they be tender; then take away the pithe of them, & leave them in a colander till they have dropped as much as they will a then baning a thin firup ready , put them being cold into the firup beeing also cold, and let them fland fo three daies, then boyle the firup (adding fome more fresh firup to it; to supply that which the rootes haue drunke vp) a little higher; and at three dates end, boyle the firup againe without any new addition, vnto the full beight of preferaing firup, and put in your rootes, and fo keep them. Rootes preferued

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The Art of preserving,
preserved in this manner, will cate very tender, because they never boyled in the firup.

2. How to make musk-sugar of commonsugar.

BRuile 4 or 6 graines of Muske:

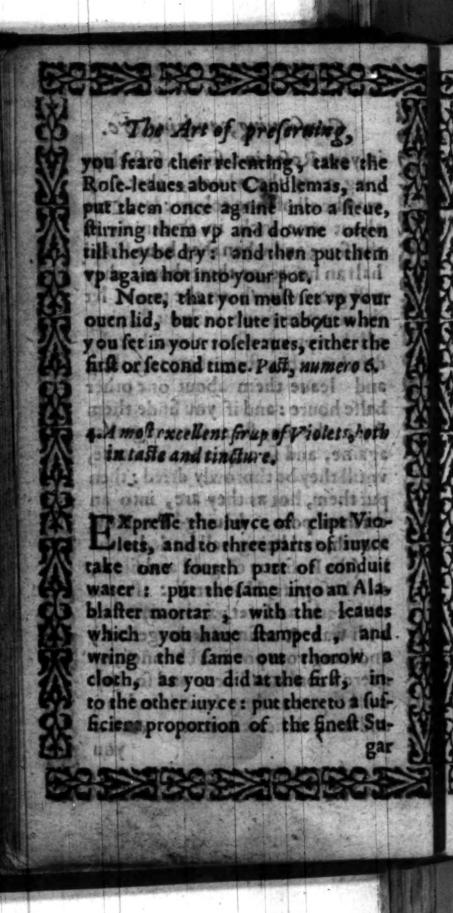
place them in a piece of Sarcenet, fine Lawn or Cambrick doubled: lay this in the bottome of a
gally pot, strewing your sugar theron: stop your pet close, and all the
Sugar in a few daies will both sent
and taste of Muske: and you may
lay more sugar thereon, when you
have spent that sugar, which will
also receive the like impression.
Such Musk-sugar is sold for two
shillings the pound.

3. How to dry Rese-leanes in a most

VV Hen you have newly taken out your bread, then put in

## Conferning, sandying, to.

in your Rofes in a fine, first clypping away the whites, that they may be all of one colour : lay them about one inch in thickneffe in the five; and when they have flood half an house, or thereabout, they will grow whicifh on the top : 1 let them yet remaine without ftirring, till the uppermost of them be fully dried a then furre them together, and leave them about one other halfe houre : and if you finde them dry in the top, firre them together againe, and fo continue this worke, vntill they be thorowly dried : then put them, hot as they are, into an earthen pot , hauing a narrow mouth, and being well leaded with in (the Refiners of gold and filuer, call thefe pots, Hookers) : : ftop ie with corke and wet parchment, or with wax & rolin mixed together ; and hang your pot in a chimney, or neere a continual fire, and so they will keep exceeding faire in colour, and most delicate in fent . And if





Conferning sandying, Oc.

ger and brought also into a most fine powder : let the fame ftand 10 or 12 houres in a cleane glafed earthen pan: then drain away the cleereft, and put it into a glaffe, and put thereto a few drops of the juice of Lemmons, and it wil become cleer. transparant, & of the violet colour. Then you may expresse more in yee into the figar, which will fettle in the bottome, with tome of the thickelt part of the myce; and beating the same wpon a gentle fire, it will allo become a good firup of violers, but not comparable to the firft. By this manner of work you gaine one quarter of lirup, more than dwerfe Apothecaries doe. 1928 w 11 bass

5. A singular manner of making the firup of Roses.

Fill a filuer Bason three quarters full of rain-water or Rose-waters put therin a convenient proportion

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The Art of preferring,

of Rofe-leaues : couer the bason. and fet it vpon a pot of hot water (as we viually bake a cuftard.) in 3. quarters of an houre, or one whole houre at the most, you shal purchase the whole strength and tincture of the rofesthen take out those leaves, wringing out all their liquor gently, and steepe more fresh leaves in the fame water : continue this iteration feuen times, and then make it vp in a firup and this firup worketh more kindely than that which is made meerly of the inice of the Rofe, You may make fundry other firups in this manner. Quere of hanging a pewter head over the bason, if the afcending water will bee worth the keeping.

6. Another way for the drying of Roseleanes.

ORy them in the heat of a hote funny day vpó a Leads, turning them

SENSON SERVICE SERVICE

Conseruing, candying .co.

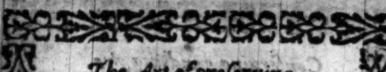
them vp and downe till they be dry
(as they do hay): then put them vp
into glasses wel stopt and luted, keeping your glasses in warme places;
and thus you may keep all slowers:
but herbs, after they are dried in
this manner, are best kept in paperbags, placing the bags in close cupboards.

7. How to preserve whole Roses, Gilliflowers, Marigolds, &c.

Dipa Rose that is neither in the bud, not overblowne, in a strup, cosisting of sugar double refined, at Rose water boiled to his full height: then open the leaves, one by one, with a fine smooth bodkin, eyther of bone or wood; and presently, if it be a hot sunny day, and whil'st the Sunne is in some good height, lay them on papers in the Sun, or else dry them with some gentle hear in

B 3





## The Art of preferring,

a close room, heating the room before you set them in 3 or in an ouen
vpon papers, in pewter dishes: and
then put them vp in glasses, & keepe
them in dry cupboards neer the
fire: you must take out the seeds, if
you meane to eat them. You may
prooue this, preseruing with sugarcandy in stead of sugar, if you
please.

8. The most hindely way to preferue plums, cherries, goosberrie, esc.

You must first purchase some reasonable quantity of their owne inyce, with a gentle hear upon embers, in pewter dishes, dividing the inice still as it commeth in the strewing: then boile each fruit in his owne inyce, with a convenient proportion of the best refined sugar.

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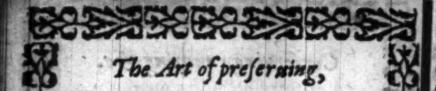
9.How

## Conferning, candying, coc.

9. How to candy Rosemary-flowers, Rose-leaves, Roses, Marigolds, &c. with preservation of colour.

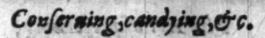
Iffolue refin'd or double refin'd lugar, or lugar-candy it felf in a little Role water : boil it to a reafonable height: put in your roots or flowers when your firup is eyther fully cold or almost cold : let them reft therein till the firup have pearced them sufficiently: then take out your flowers with a skimmer, fuffering the loofe firup to runne from them folong as it will: boyle that firup a little more, and put in more flowers, as before; duride them alfor then boil all the firm which remameth, and is not drunk vp in the flowers, to the height of manuschrifi, putting in more fugar if you fee caule, but no more Role-water, put your flowers therein when your firup is cold, or almost cold, and let them fland till they candy.

B 3



so. A most delicate & stiff sugar paste, whereof to cast Kabbets, Vigeous, or any other little bird or beast, eyther from the life or carued moulds.

Irst, dissolue Isinglasse in faire water, or with some Role-water in the later end then beat blanched almonds, as you would for Marchpane stuffe, and draw the same with creame and Rofe-water (milke will ferue, but creame is more delicare): then put therein some powdered sugar; into which you may diffolue your Ifinglass, being first made into gelly, in fair warm water ( note, the more Hinglaffe you put therein, the Riffer your work will prone ) : then having your rabbets, woodcock,&c molded either in plaister from life, or elfe carued in wood (first aneinting your woodden molds with oile of (weet almonds, & your plainter or Stone moulds with barrows greate), poure your fugar-pafte thereon.



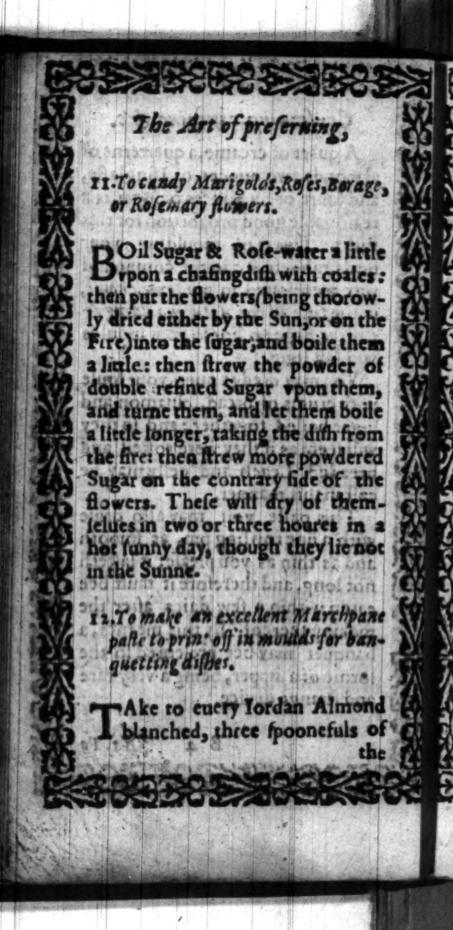
A quart of creame, a quarterne of almonds, two ounces of Isinglasse, and source or six ounces of sugar, is a reasonable good proportion for this stuffe. Quare of moulding your birds, rabbets, &c. in the compound wax mentioned in my lewell house, in the title of the Art of moulding &casting, page 60. For so your moulds will last long.

You may dredge ouer your foule with crams of bread, cinamon and fugar boiled together: and so they will seem as if they were rosted and breaded. Leach and gelly may be

cast in this manner.

This paste you may also drive with a fine rowling pin, as smooth and as thin as you please: it lasteth not long, and therefore it must be eaten within a sew daies after the making thereof. By this meanes, a banquet may bee presented in the forme of a supper, being a very rare and strange device.

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## conferning, candying, &c.

the whitest refined sugar you can get: searce your sugar, and now and then, as you see cause, put in two or three drops of damask Rose-waters beate the same in a smooth stone-mortar, with great labour, vntill you have brought it into a dry stiffe paste: one quarterne of sugar is sufficient to worke at once.

Make your paste in little bals, every ball containing so much by estimation, as will courry our mould or print; then roule the same with a rowling pin vpon a sheet of cleane paper, without strewing any powdered sugar either vpon your paste

or paper.

There is a countrey Gentlewoman whom I could name, which venteth great store of sugar-cakes made of this composition. But the only sault which I find in this passe is, that it tasteth too much of the sugar, and too little of the almonds: and therefore you may prove the making thereof by such almonds

B 5, which

## The Art of preferming,

which have had some part of their oil taken from them by expression, before you incorporate them with the sugar; and so happely you may mix a greater quantity of them with the sugar, because they are not so oylie as the other.

You may mix cinamon or ginger in your paste, & that will both grace the taste, and alter the colour; but the spice must passe thorow a faire searce: you may steep your almonds in cold water all night, & so blanch them cold: and being blanched, dry them in a sieue ouer the sire. Heere the garble of almonds will make a cheap paste,

13. The making of Sugar-plate, and cafling thereof in carued moulds.

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Take one pound of the whitest refined or double refined Sugar, if you can gette it: put thereto three ounces (some comfit-makers

put

## Conferning, candying, etc.

put fixe ounces for more gaine) of the best flarch you can buy; and if you dry the Sugar after it is powdered, it will the fooner paffe thorough your Lawne Searce. Then fearce it, and lay the fame on a heap in the midft of a theer of clean paper : in the middle of which made, put a pretty lump of the bigneffe of a walnut of gamme dragagant, first fleeped in Role-water one night; a porenger full of Role-water is fufficient to dissolue one ounce of gum ( which must first bee well picked, leauing out the droffe): remember to strain the gumme thorough a canuas: then, having mixed fome of the white of an egge with your strained gumme, temper it with the fugar betwixt your fingers by little and little, till you have wrought vp all the Sugar and the Gumme together into a stiffe paste; and in the tempering, let there be alwaies lome of the fugar, betweene your fingers and the Gumme : then dull

# The art of preferning,

fome of that powdered Sugar thorow a piece of Lawne, or fine linmen cloth: and having driven out with your rowling pinne a fufficient portion of your paste to a conuenient thicknesse, couer your mould therewith, preffing the same downe into every hollow part of your mould with your fingers:and when it hath taken the whole impression, knock the mold on the edge against a table, and the paste will iffue forth with the impression of the mould vpon it : or, if the mould bee deep cutte, you may put the point of your knife gently into the deepest parts heer and there, lifting vp by little and little the paste out of the mould

And if in the making of this paste, you happen to put in too much gum, you may put more sugar ther-to; and if too much sugar, then more gum: you must also work this paste into your moulds as speedily as you

can,

#### conferming, candying, de.

can, after it is once made, and before is harden : and if it growe fo hard that it cracke, mixe more gum therewith: cut away with your knife from the edges of your paste, all these pieces which have no part of the worke vpon them, and worke them vp with the paste which remaineth : and if you will make fawcers, difhes, bowles, &c. then (having first driven your paste vpon paper, first dusted ouer with sugar to a convenient largenesse and thicknesse) put the paste into some lawcer, difh, or bowle of a good fashion, and with your finger presse it gently down to the infides thereof, till irrefemble the shape of the dish, then paire away the edges with a knife, euen with the skire of your diff, or fawcer, and fee it against the first, all inbe dry on the infide: then with a knife get it out, as they vie to doe a dish of butter, and dry the backfide; then gild it on the edge with the white of an egg-laid round about

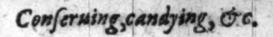
about the brim of the dish with a pensil, and presse the gold downe with some corton; and when it is dry, skew or brush off the gold with the foot of a Hare or Cony. And if you would have your paste exceeding smooth, as to make cards and such like conceits thereof, then roule your paste vpon a sliced paper with a smooth & polished rowling pin.

14. A way to make sugar-plate both of colour and taste of any slower.

Take violets, and beat them in a mortar with a little hard Sugar: then put into it a sufficient quantitie of Rose-water: then lay your gum in steep in the water, and so work it into paste: and so will your paste be both of the colour of the violet, and of the smell of the violet. In like fort may you worke with Marigolds, Cowslips, Primroses, Buglosse, or any other slower.

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15.To



15 Tomake paste of Nouie.

Take a quarter of a pound of Valentian almonds, otherwise called the small almonds, or Barbarie almonds, and beat them in a mortar till they come to paste: then take stale manchet being grated, & dry it before the fire in a dish: then sittit: then beat it with your almonds: put, in the beating of it, a little cinamon, ginger, and the inice of a lemmon, and when it is beaten to perfect paste, print it with your moulds, and so dry it in an onen after you have drawne your breade: this paste will last all the yeere.

16.To make lumbolls.

Take halfe a pound of Almonds
being beaten to paste with a
short cake being grated, and a eggs,
a ounces of carroway seeds, being
beaten

beaten, and the juice of a Lemmon: and being brought into paste, roule it into round strings: then cast it into knots, & so bake it in an ouen; and when they are baked, ice them with Rose-water and Sugar, and the white of an egge being beaten together, then take a feather and gild them, then put them again into the ouen, and let them stand in a little while, and they will be iced cleane ouer with a white ice; and so boxe them vp, and you may keep them all the yeare.

youlist not to drink oft; which Ladies vie to carry with them when they ride abroad.

Take halfe a pound of Damaske prunes, and a quartern of dates: stone them both, and beat them in a mortar with one warden being rosted, or else a slice of old marme-

lade:

Conferuing candying tre.

lade: and so printit in your moulds and dry it after you have drawne bread: put Ginger vnto it, and you may serue it in at a banquet.

18. To make a Marchpane.

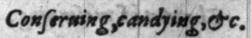
Aketwo pound of Almonds, I being blanched and dryed in a fieue ouer the fire : beat them in a ftone mortar; and when they bee fmall, mix with them two pound of fugar being finely bearen, adding 2. or 3. spoonfuls of Rose water, and that will keepe your Almonds from oyling. When your paste is beaten fine, drine it thin with a rowling pin, and so lay it on a bottom of wafers: then raise up a link edge on the fide, and fo bake it : then yee it with Rofe-water and Sugar : then put it into the ouen again; and when you fee your yee is rifen vp, & dry, then take it out of the ouen, & garnishit



with pretty conceits, as birds and beasts, being cast out of standing moulds. Stick long comsits vpright in it: cast biskets and carrowaies in it, and so serue it: gild it before you serue it: you may also print off this Marchpane paste in your molds for banquetting dishes: and of this paste our comsitmakers at this day make their letters, knots, Arms, Bleocheons, beasts, birds, and other fancies.

19.To make bishet bread, otherwise called French bishet.

Take halfe a peck of fine flower, two ounces of coriander feeds, one ounce of anni feeds, the whits of foure egges, halfe a pinte of Aleyeaft, and as much water as will make it vp into stiffe paste; your water must be but bloud warm: then bake it in a long roll as big as your thigh elet it stay in the ouen but one houre, and when it is a day old, pare



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pare it and flice it overthwart: then fugar it over with fine powdred fugar, and so dry it in an oven again: and being dry, take it out, and sugar it again: then box it, and so your may keepe it all the yeere.

20.To make prince-bisket.

flower, and one pound of fine flower, and one pound of fine fugar, and eight egges, and two spoonfuls of Rose water, and one ounce of Carroway seeds, and beat it all to batter one whole houre: for the more you beat it, the better your bread is: then bake it in cossins, of white plate, being basted with a little butter before you put in your batter, and so keepe it.

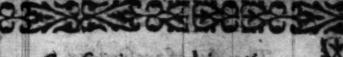
1. To make another kind of bisket, called biskettelle.

Take halfe an ounce of gumme-Dragagant, diffolued in Rofewater

Rofe-water with the inice of a lemmon, and two grains of musk; then ftrain it thorow a fair linnen cloth. with the white of an egge: then take halfe a pound of fine fugar beeing beaten, and one ounce of Carroway feeds, being also beaten & searced : and then beat them all together in a mortar, til they come to paste:then roule them yp in small loaues about the bigness of a smal egge : put vnder the bottome of every one, a perce of a wafer, and fo bake them in an ouen vpon a theet of paper:cut them on the tides, as you do a manchet, and prickthem in the mideft : when you break them vp, they will be hollow and full of eyes.

22.To make Ginger-bread,

TAke three stale Manchets, and grate them: dry them, and site them thorow a fine figurethen adde vnto



#### Conferning, candying, &c.

vnto them one ounce of Ginger being beaten, and as much Cinamon, one ounce of Liquorice and Annifeeds beeing beaten together, and fearced, halfe a pound of fugar: then boil all these together in a posnet, with a quart of claret wine, till they come to a ftiff pafte with often fterring of it; and when it is ftiffe, mould it on a table, and fo drive it chin, and put it in your moulds: dust your moulds with Cinamon, Ginger, and Liquorice, beeing mixed together in fine powder. your Ginger bread vied at the Court, and in all Gentlemens houfes at festivall times, It is otherwise called dry Leach.

23. To make dry Ginger-bread.

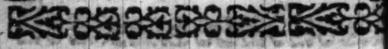
Take half a pound of Almonds, and as much grated cake, and a pound of fine fugar, and the yolks of two new laid egges, the juice of a lemmon.

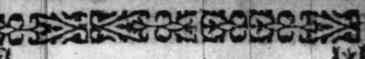
lemmon, and two grains of musk: beat all these together til they come to a paste: then print it with your moulds: and so dry it vpon papers in an ouen, after your bread is drawn.

#### 24. To make puffe-paste.

TAke a quart of the finest flower, and the whites of three egges, and the yolks of two, & a little cold water, and so make it into perfect pafte: then drive it with a rowling pin abroad : then put on small peeces of butter, as big as nuts, vpon it : then fold it ouer: then drive it abroad again: then put small peeces of butter vpon it, as you did before: doe this ten times, alwaies folding the paste, and putting butter between enery fold. You may conney any pretty forced difh, as Florentin, Cherry tart, Rice, or Pippins, &c. between two theets of that pafte.

25.TO





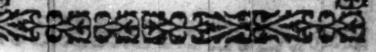
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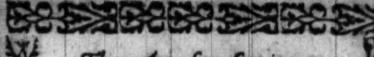
25. Tomake paste short without butter

TAke a quart of fine flower, and put it into a pipkin, and bake it in an ouen when you bake manchet: then take the yolks of two or three egges, & a pint of creame, & make paste: put into it two ounces of sugar being finely beaten, and so you shall make your paste short without butter or sewet. In like sort, when you make sugar-cakes, bake your flower first.

26. Tomake cryftall gelly.

Take a knockle of Veale, and two calues feet (your calues feet being flayed and scalded) and boyle them in faire spring water: and when they are boyled, ready to ear, you may saue your flesh, and not boyle it to peeces: for, if you doe so, the gelly will looke thicke: then take a quart of the cleerest





of the same broth, and put it into a poiner, adding thereunto Ginger, white pepper lix whole cloues, one nurmeg quartered, one graine of musk: put all these whole spices in a little bag, and boile them in your gelly: season it with soure ounces of sugar candie, and three spoonfuls of Rose water; so let it run thorow your gelly-bag; and it you meane to have it looke of an amber colour, bruise your spices, and let them boil in your gelly loose.

#### 27 . To make Leach of Almonds.

V lo sistems

Take half a pound of sweet Almonds, and beat them in a mortar: then strain them with a pint of sweet milke from the cow: then put to it one graine of musk, 2 spoonfuls of Rose-water, two ounces of fine sugar, the waight of 3 whole shillings of Janglass that is very white,

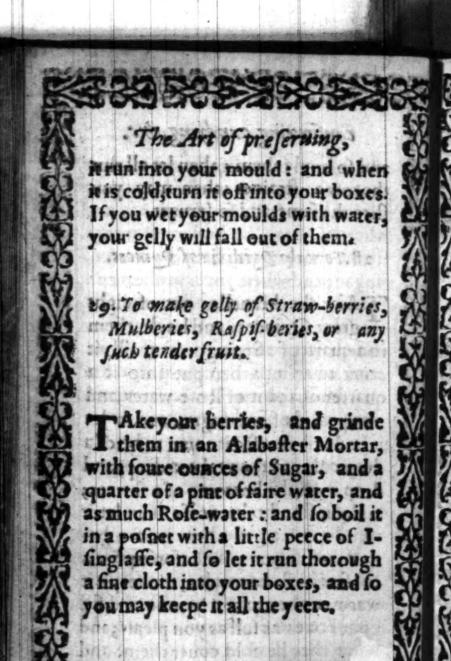
## CENTRAL SERVICES

conferuing, candying, core.

thorow a ftrainer : then let all run flice the same, and so serve it.

28. Tomak: Quidinia of Quinces.

TAke the kernelles out of eight great Quinces, and boyle them in a quart of Spring-water, till it come to a pint : then put into it a quarter of a pint of Role-water, and one poundof fine fugar, and fo let it boile til you fee ir come to be of a deep colour then take a drop, and drop ic on the bottome of a fawcers and if it fland, take it offe then let it run thorow a gelly bag into a bafon:then fet-on your bason vpon a chafing-defh of coales, to keepe it warme : then take a spoone, and fill your boxes as full as you pleafe; and when they be cold, couer them: and if you please to print it in moulds, you must have moulds made to the bigness of your box, and wet your moulds with Rofe-water, and fo let



30. To make paste of Genua of Quinces

Tand cut them in flices, and bake them

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### Conferning, candying, &c.

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them in an ouen dry in an earthen pot, without any other inyce than their owne; then take one pound thereof; strain it, and put it into a stone-mortar with halfe a pound of sugar; and when you have beaten it vp to paste, print it in your moulds, and dry it three or soure times in an onen after you have drawne bread; and when it is thorowly dry and hardned, you may box it, and it will keep all the yeere.

31 To make Marmelade of Quinces or Damfons.

V Quinces or Damsons sufficiently, straine them: then dry the pulp in a pan on the fire; and when you see there is no water in it, but that it beginners to be stiffe, then mix two pound of sugar with three pound of pulpe; this marmelade will bee white marmelade; and if you desire to have it looke with

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with an high colour: put your sugar and your pulp together so soone as your pulp is drawne, and let them both boile together, and so it will look of the colour of ordinary marmelade, like vnto a stewed warden; but if you dry your pulp first, it will look white, and take teste sugar: you shall know when it is thick enough, by putting a little into a sawcer, letting it coole before you box it.

#### 32.To make sucket of Lettuce stalks.

Taway the outside: then perboile them in saire water: then let them stand all night dry: then take halfe a pint of the same liquour, and a quarter of a pint of Rose-water, and so boyle it to sirup: and when your sirup is betwixt hot and cold, put in your a foresaid roots, and let them stand all night in your sirup to make them take sugar, and then the

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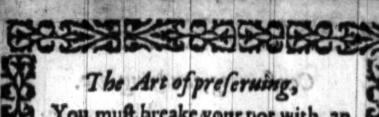
#### Conferning, candying oc.

next day your firup will bee weake again: then boile it again, and take out your roots. In the like fort may you keepe Orenge pils, or greene Walnuts, or any thing that hath the bitterness first taken from it, by boiling in water.

33.To candie Nutmegsor Ginger with

Tand eight spoonfuls of Rosewater, and the waight of fix pence of Gum Arabique, that is cleere: boyle them together to such an height, as that, dropping some therof out of a spoon, the sirup doe rope and sunne into the smalnesse of an haire: then put it into an earthen pipkin; wherein place your Nutmegs, Ginger, or such like: then stop it close with a sawcer, and lute it well with elay, that no aire may entere then keepe it in a hot place three weeks, and it will candy hard.

C 3 You



You must breake your pot with an hammer, for otherwise you cannot get out your candie. You may also candy Orenges or Lemmons in like sort, if you please.

34.To preserve Orenges, after the Portugall fashion.

Take Orenges and coare them on the fide, and lay them in water: then boil them in fair water till they be tender: thift them in the boiling, to take away their bitterneffe; then take fugar and boile it to the height of firup as much as will couer them, & fo put your orenges intoit, & that will make them cake fugar. If you have 24. Orenges, beate 8.ofthem, till they come to pafte, with a pound of fine fugar; then fill euery one of the other orenges with the fame, & fo boile them againe in your firup : then there will be marmelade of Orenges within your Orenges, & it wil cut like an hard egg.



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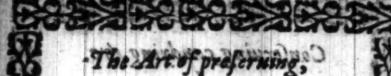
35. To candy Orenge pills.

Take your Orenge pills, after they be preserved: then take fine Sugar and Rosewater, & boyle it to the height of Manus Christi; then draw thorow your Sugar then lay them on the bottome of a sieue, and dry them in an Ouen after you have drawne bread, and they will be candied.

36.To preserve Cowcumbers all the yeers.

You may take a gallon of faire water, and a pottle of veriuyce, and a pinte of bay falt, and a handfull of greene Fennell or Dilliboile it a little, and when it is cold put it into a barrell, and then put your Cowcumbers into that pickle, and you shall keepe them all the yeare.

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37. To preferue broom-capers all the yeere.

Bo ile a quart of veriuce, and an Bhandfull of bay falt, and therein you may keep them all the yeere.

28. To colour Sugar-plate with Severall colours.

Ou may mix Roles with your I fine fearced fugar vnrill the colour please you, and so shall you haue a faire murrey colour. Sapgreen mutt be tempered in a little Rose-water, having some gumme first dissolved therein, and to lay it on with a penfill vpon your paste in apt places. With laffron you may make a yellow colour in the like manner, first drying and powdering your faffron ; and after it hath coloured the Role-water fufficiently, by firsyning it thorough fine linnen. The powder of Cina-



Conseruing, can dying, &c.

mon maketh a Walnut colour, and Ginger and Cinamon together, a lighter colour.

39.To make Troffes for the Sea.

Itst, make paste of sugar & gum dragagant mixed together, then mixe therewith a reasonable quantitie of the powder of cinamon and Ginger, and, if you please, a little Muske also, and make it vp into roules of seuerall fashions, gilding them heere and there. In the same manner you may also conuey any purgative, vomit, or other medicine into Sugar paste.

40. To make paste of Violets, Roscs, Marigolds, Comstips, or Liquorice.

SHred, or rather powder, the dry leaves of your flower, putting thereunto some fine powder of Ginger and cinamon, and a little muske if you please, mixe them all

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confusedly together: then dissolue some Sugar in Rosewarer, and being boiled a little, put some Saffron therein, if you worke vpon Marigolds; or elfe you may leave out your Saffron: boyle it on the fire vnto a sufficient height. You must also mixe therewith the pap of a roafted apple, being first well dryed in a difti ouer a Chafing-dift of coals; then poure it vpon a trencher, being first sprinkled ouer with Rolewater, and with a knife worke the paste together. Then breake fome Sugar-candy [mall,but not to powder, and with gumme dragagant: fasten it heere and there to make it feeme as if it were roch candied; cut the paste into peeces of what fallion you lift, with a knife first wet in Rosewater. In liquorice paste you must leave out the pap of the pippin, and then work your paste into dry roules. Remember to fearce the Liquorice shorow a fine Searce, Thefe roules

Conserving, candying, &c.
are verie good against any cough
or colde.

41.To make Marmelade of Lemmons or Orenges.

Take ten Lemmons or Orenges, & boil them with halfe a dozen pippine, and fo draw them thorow a strainer: then take so much Sugar as the pulp doth weigh, and boile it as you doe Marmelade of Quinces, and then boxe it vp.

Mace, and flowers, in halfe a day, with bard or roch candy.

Les then dry them, and make a firup of double refined Sugar, and a little Rose-water, to the height

**355** 



of a manus Christi: place this firup in a gentle Balneo, or some small heate, putting your Nutmegs into the firup. Note, that you must skim the fugar, as it cafterhany skumme, before you put in your Nutmegs; then, having Sugar-candy fir ft brut fed groffely, and fearced thorough colanders of seuerall bignesse, take the smallest thereof, and roule your Nutmegs vp and downe therein, either in a dish or vpon cleane paper: then stone your Nutmegges in a cupboard with a Chafingdish of coales, which must be made hote of purpole, before you fet them in: and when they are dry enough, dip them againe in fresh sirup, boyled to his height, as before, and roule them in the großer Sugar-candy,& then flowe them againe till they be hard, and so the third time if you will increase their candie. Note, that you must spend all the Sugar which you dissolue at one time with candying of one thing or other,

#### Conferning, candying, &c.

therin presently. The stronger that your Lee is, the better; and the Nurmeg, Ginger, &c. would lye in freep in the lee, to. or 12, dayes, and after in the firup of fug ir in a floue, or cupboard, with a Chafingdish and coales, one whole weeke, and then you may candy them suddenly, as before. Flowers and truits are done presently, without any such Reeping or flouing as before : only they nuft be put into the floue after they are coated, with your powdered Sugar-candy. And those flowers of fruits as they are fuddenly done, fo they will not last about two or three dayes faire, & therefore only to be prepared for some Cet Banquet.

of wood.

Ay your moulds in faire water three or foure houres before

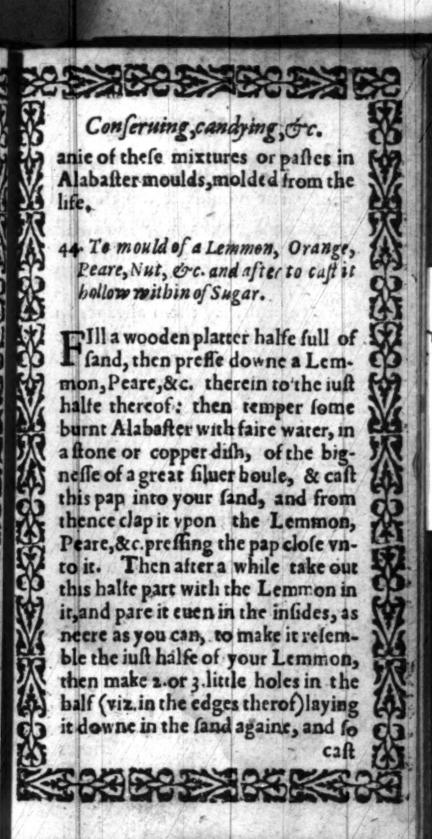
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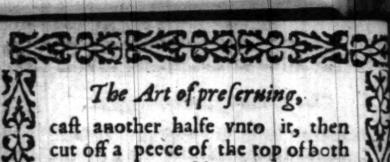
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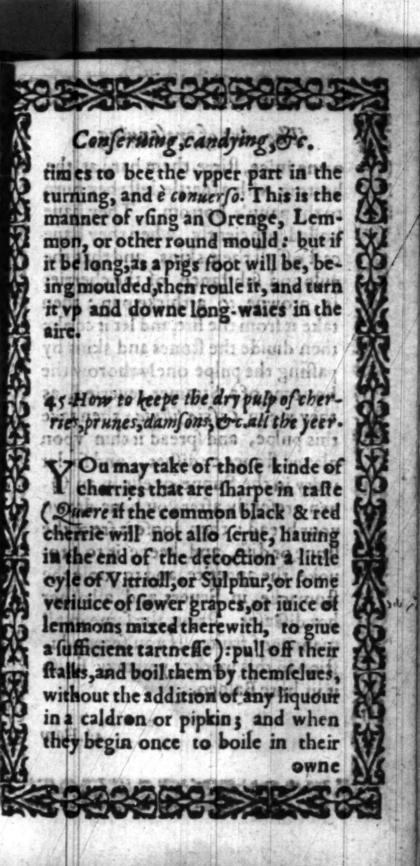
you cast, then drie vp your inward moysture with a cloth of Linnen, then boile rosewater and refin'd sugar together, but not to any great ftiffeneffe; then poure it into your moulds: let your moulds stand one houre, and then gently part or open the moulds, and take out that which you have cast. You may also worke the pafte antenumero, 12.13. into these moulds, first printing or pressing gently a little of the paste into the one halfe, and after with a knife taking away the superfluous edges, and so likewise of the other halfe: then preffe both fides of the mould together, two or three times, and after take away the creft that will arise in the middeft. And to make the fides to cleave together, you may touch them first ouer with gumme dragagant disfolued, before you presse the sides of the mould together. Note, that you may conucy Comfits within, before you close the fides. You may cast of

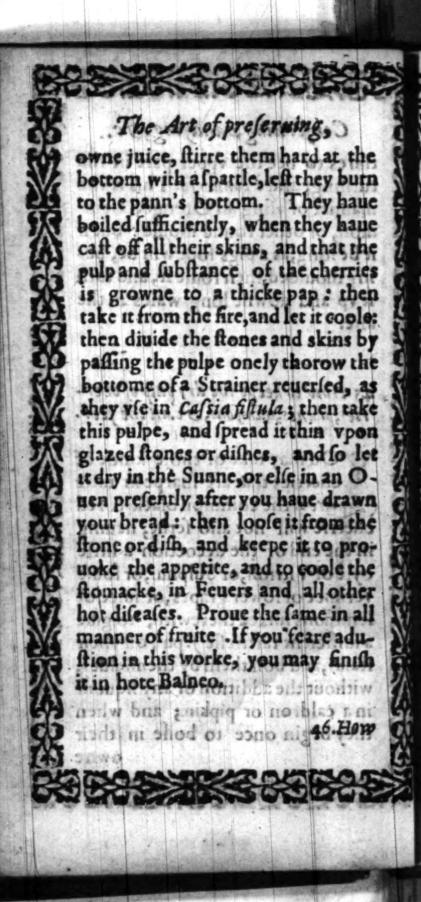
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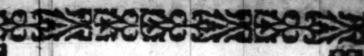




your partie moulds,& caft thereto another cap in like manner as you did before. Keepe these three parts bound together with tape, till you have cause to vie them : and before you cast, lay them alwayes in water, and dry vp the water againe before you poure in the Sugar. Colour your Lemmon with a little Saffron steeped in Rosewater. Vie your Sugar in this manner: Boile refined or rather double refined Sugar and Rolewater to his full height, viz. till by powring some out of a spoone, it will run at the last as fine as a haire, then taking off the cappe of your mould, poure the same therein, filling vp the mould about the hole, & prefently clap on the cappe, and presse it downe vpon the Sugar; then fwing it vp and downe in your hand turning it round, and bringing the neather part some-







Conferning, candying, &c.

46 How to dry all manner of plums or cherries in the Sunne.

Them whole, by laying them abroad in the hote Sunne, in stone or pewter dishes, or iron or brasse pans, turning them as you shall see cause. But if the plum be of any largeness, slit each plum on the one side, from the top to the bottome; and then lay them abroad in the Sunne: but if they be of the biggest sort, then give eyther plum a slit on each side; and if the Sunne doe not shine sufficiently during the practice, then dry them in an Ouen that is temperately warme.

47. How to keep Apples, Pears, Quintes, Wardens, &c. all the yeere, dry.

Pare them, take out the coares, and flyce them in thinne flices, layECHNESCE EXECUTE

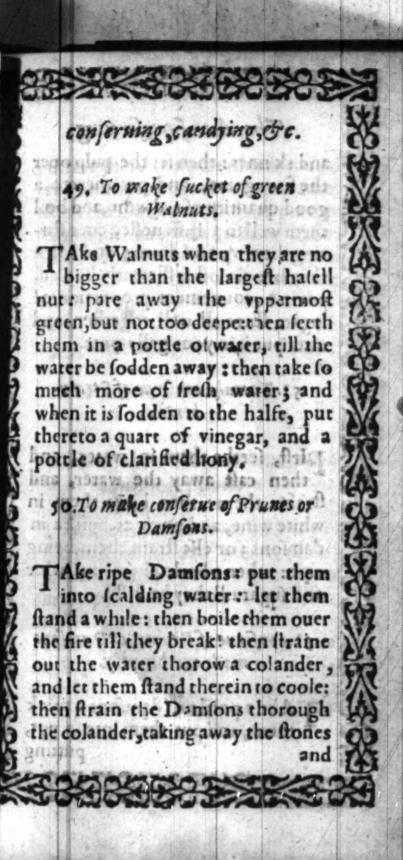
### The art of preferring,

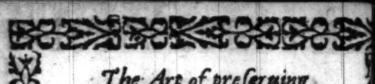
laying them to dry in the Sunne in some stone or metalline dishes; or vpon a high-Frame concred with coorse canuas, now and then turning them: and so they will keep all the yeere.

## 48.To make green ginger wpon firup.

in the dimbe of any largen Ake Ginger one pound : pare it I clean: Reep it in red wine and vinegar equally mixed: lerit fland fo xii daies in a close vessell, and euery day once or twice fir it vp and down : then take of wine one gallon, and of vinegar a pottle: feethe all together to the confumption of moity or half:then take a pottle of clean clarified honey, or more, and put thereunto, and let them boyle well together: then take halfe an ounce of faffron finely beaten, and put it thereto, with some sugar if you Are from rake our the salas and flyce them in thicme flices,

49 To





and skinnes: then fer the pulp ouer the fire againe, and put thereto a good quantity of red wine, and boil them wellto a ftiffeneffe, cuer ftirring them vp and down; and when they bee almost sufficiently boyled, put in a convenient proportion of fugar: flire all well together, and after put it in your gally pots. Todalouser taber to be fo

51. To make conferue of Stramberries.

Elrft, feethe them in water, and then cast away the water, and ftraine them; then leve them in white wine, and work as before in damfons; or elfe ftrain them being ripe: then boile them in wine and fugar till they be fliffe. sup mach sleet and con

52. Conferue of Pruines or Damfons made another way.

Ake a pottle of damfons : prick them, and put them into a pot, putting



#### Conferning, candying, &c.

putting thereto a pint of Rose-water or wine, and couer your pot: let
them boile well: then incorporate
them by stirring; and, when they be
tender, let them coole, and straine
them with the liquor also: then take
the pulp, and set it ouer the sire, and
put thereto a sufficient quantity of
sugar, and boil them to their height
or consistency, and put it vp in gally
pots or jarre glasses.

53. How to candy Ginger, Nutmegs, or any root or flowers.

Take a quarter of a pound of the best refined sugar, or sugar-candy, which you can get; powder it: put thereto two spoonfulls of Rose-water: dip therein your Nutmegs, Ginger, roots, &c. being first sodden in faire water till they bee soft and tender: the oftener you dip them in your strup, the thicker the candie will bee,

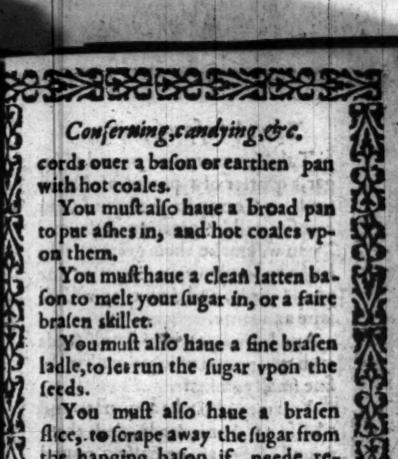
#### 6883388888339833 68833888888339833

The Art of preserving,

but it will be the longer in candying: your firup must be of fuch stiffnes:as that a drop thereof, being let fall vpon a pewter-dish, may congeale and harden being cold. You must make your sirup in a chasing dich of coales, keeping a gentle fire-After your firup is once at his full height, then put them voon papers presently into a stone, or in dishes : continue fire some tenne or twelve dayes, till you finde the candy hard, and gliftering like diamonds : you must dip the red rose, the gilliflower, the matigold, the barrageflower, and all other flowers but once.

ing how to cover all kinds of seed, fruits or spices with sugar.

First of all you must have a deepe bottomed bason of fine cleane brasse or latten, with two cares of Iron to hang it with two severals cords



the hanging bason if neede require.

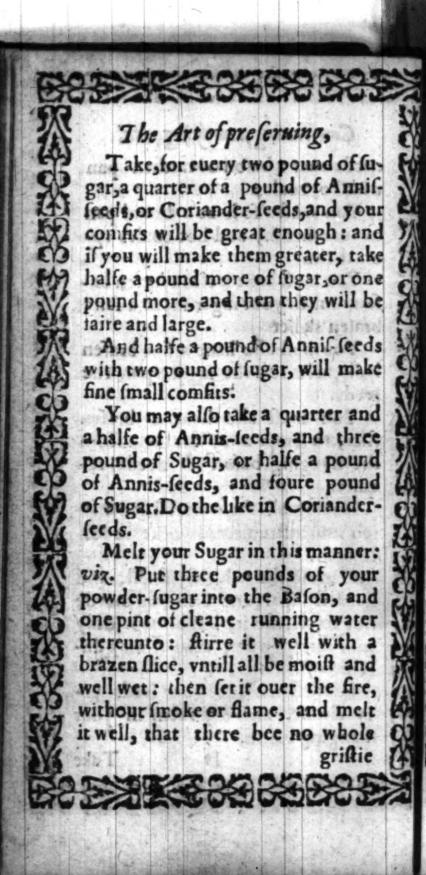
Hauing all these necessarie veffels and instruments, worke as followeth.

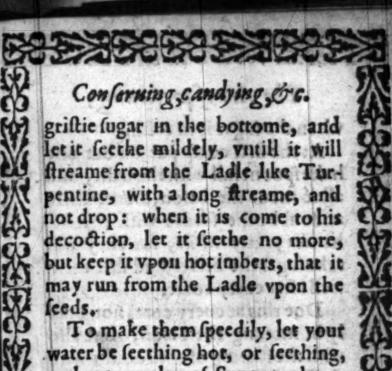
Choose the whitest, finest, and hardest sugar, and then you neede not to clarifie it, but beare it only into fine powder, that it may diffolue the looner.

But first make all your feeds very cleane, and dry them in your hanging bason.

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Take





water be seething hot, or seething, and put powder of Sugar to them; east on your Sugar boiling hote; have a good warme fire under the hanging Bason.

Take as much water to your Su-

gar, as will diffolue the fame.

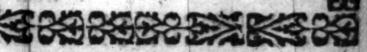
Neuer skim your lugar, if it bee

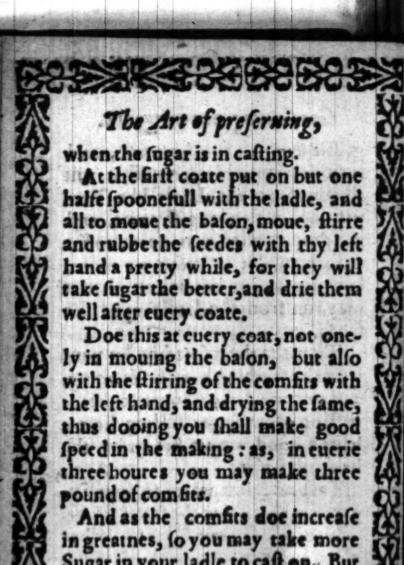
Put no kind of flarch or Amylum

to your fugar.

Seeth not your Sugar too long; for, that will make it black, yellow or tawnie.

Mooue the feeds in the hanging bason as fast as you can or may,

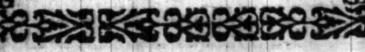




And as the comfits doe increase in greatnes, so you may take more Sugar in your ladle to cast on. But for plaine comfits, let your Sugar be of a light decoction last, and of a higher decoction first, and not

too hote.

For crifpe and ragged comfits, make your jugar of a high decoction, cuen as high as it may runne





from the ladle, and let fall a foot high or more from the ladle, and the hotter you cast in your sugar, the more ragged will your comfits bee. Also the comfets will not take so much of the sugar as they will vpon a light decoction, and they will keepe their raggednesse long. This high decoction must serve for eight or ten coates in the end of the worke, and put on at every time but one spoonefull, and

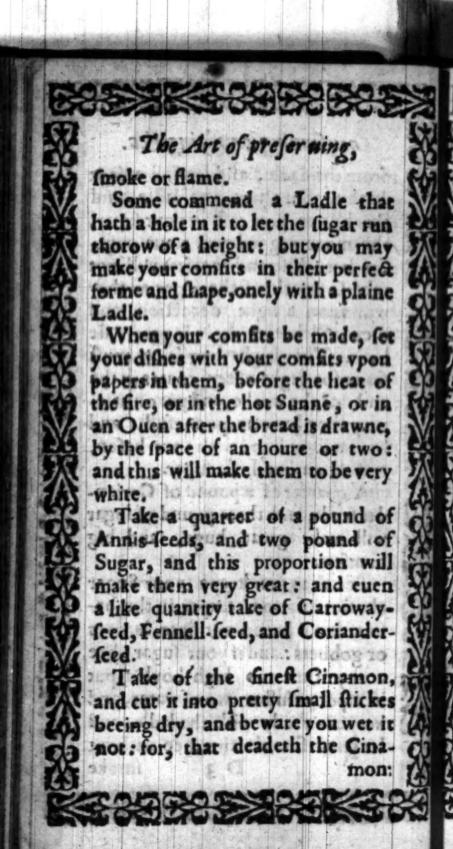
A quarter of a pound of Coriander seeds, and three pound of sugar will make great, huge, and big

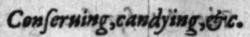
haue a light hand with your bason, casting on but little sugar.

comfets.

See that you keepe your Sugar alwaies in good temper in the bafon, that it burne not into lumpes or gobbets: and if your fugar bee at any time too high boyled, put in a spoonefull or two of water, and keepe it warily with the ladle, and let your fire alwaies bee without

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mon: And then worke as in other comfits. Doe this with Orenge-rindes likewise.

Almonds, as vpon other feeds.

The smaller that Annis seed comfits be, the fairer, the harder,

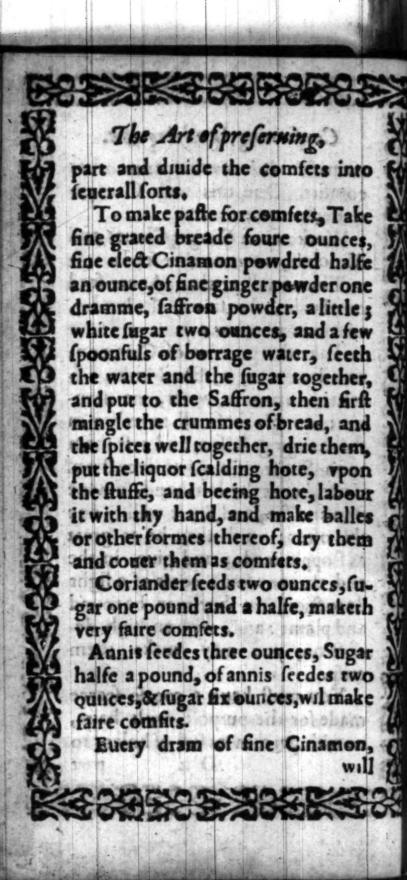
and fo in all other.

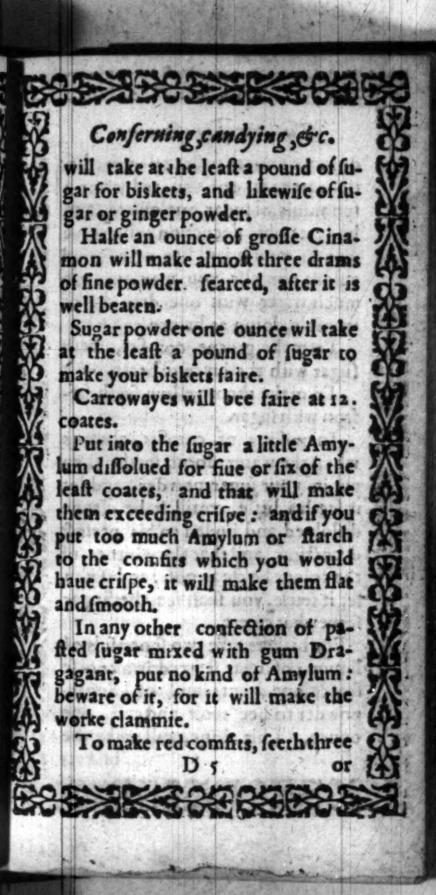
Take the powder of Cinamon, two drammes; of fine Muske, diffolued in a little water, one foruple: mingle these all together in the hanging Bason, and cast them upon Sugar of a good decoction. Then, with thy lest hand, mooue it to and fro, and dry it well: doe this often, until they be as great as Poppie-seeds; and give, in the end, three or source coats of a light decoction, that they may be round and plaine: and, with an high decoction, you may make them crisp.

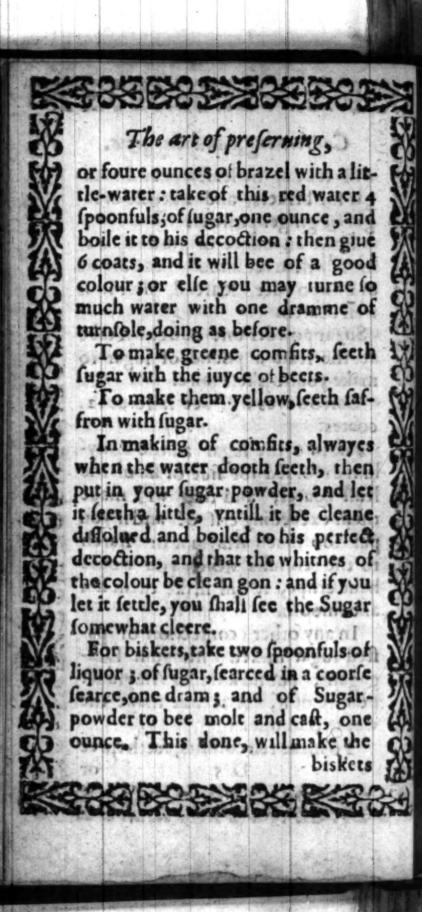
You must have a coorse scarce made for the purpose with haire, or with parchment full of holes, to

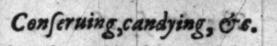
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biskets somewhat faire, and somewhat greater than Poppy-seeds.

Aliter. Take sugar-powder, source drams; sugar to cast, source ounces, with liquor sufficient: lay gold or filuer on your comfits.

Euery dram of sugar-powder will take an ounce of sugar to bee cast:

8 drams make one ounce. To thus much powder for biskets, take halfe a pound of sugar to cast thereon.

Coriander-feeds, a quarter of a pound; sugar, 3 pound; sugar, 3 der-seeds, halfe a pound; sugar, 3 drams, will make faire comfits.

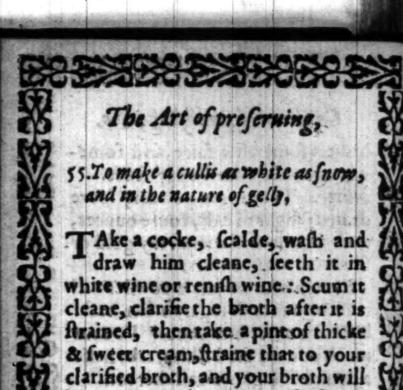
For biskets, Annis-feeds, halfe ar pound; Fennell-feeds, a quarter of a pound; and fugar, two pound fufficeth.

In fix or eight of the last coats, put in two spoonfuls of sugar very hot, to make them crisp.

To one pound of sugar, take 9. ounces of water.

**《非常张华**》

55.To



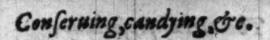
white wine or rensh wine: Scum it cleane, clarifie the broth after it is strained, then take a pine of thicke & sweet cream, straine that to your clarified broth, and your broth will become exoceding faire and white: then take powdered ginger, fine white sugar & Rosewater, seething your cullis when you season it, to make it take the collour the better.

1 36. To make wafers.

Take a pint of flower, put into it a little creame with two yolkes of egs and a little Rose water, with a little searced Cinamon & suger, worke them all together, and bake the paste vpon hot Irons.

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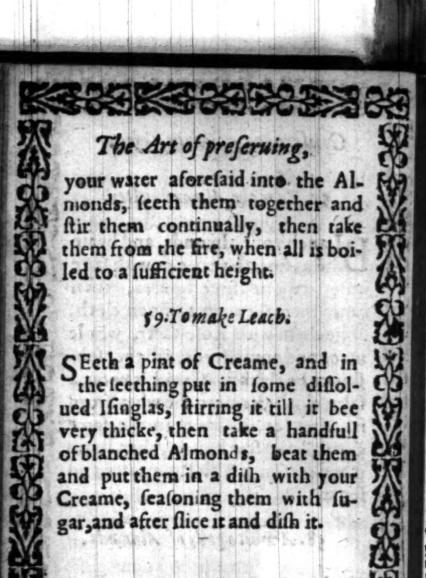


57. To make Almondbutter.

Blanch your almonds, and beate Bthe as fine as you can with faire water, two or three houres, then strain them through a linnen cloth, boile them with Rosewater, whole mace and annis seeds, till the substance be thicke: spread it spon a faire cloth, dreining the whey from it, after let it hang in the same cloath some few houres, then strain it and season it with Rosewater and sugar.

58. A white gelly of Almonds.

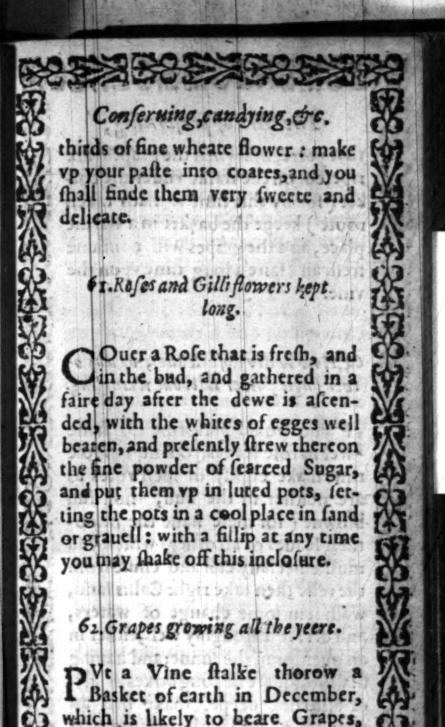
Take Rosewater, gumme Dragagant dissolued, or Isinglasse
dissolued, and some Cinamon
grossely beaten, seeth them all together, then take a pound of almonds, blanch and beate them
sine with a little faire water, drie
them in a faire cloath: and put
your



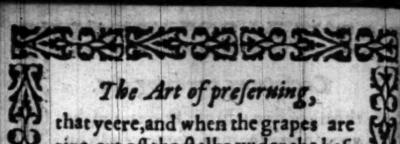
60 Sweet Cakes without either spice or Sugar.

Scrape or wash your Parsneps cleane, sice them thinne, dry them vpon Canuas or networke frames, beat them to powder, mixing one third thereof with two thirds

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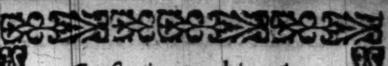


that yeere, and when the grapes are ripe, cut off the stalke vnder the basket (for by this time it hath taken roote) keepe the basket in a warme place, and the grapes will continue fresh and faire along time vpon the vine.

63. How to dry Rofe-leaves, or any other single flower without wrinkling.

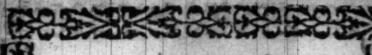
I you would performe the same well in rose leaves, you must in rose time make choise of such roses as are neither in the bud, nor sull blowne (for these hane the smoothest leaves of all other) which you must especially cull and chuse from the rest: then take right Callis sand, wash it in some change of waters, and drie it throughly well, either in an ouen, or in the sunne; and having shallow, square or long boxes of 4.5. or 6, inches deepe, make first an even lay of sand in the bottom, vpo which

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Conferning, candying, &c.

which lay your Roseleaues, one by one ( fo as one of them touch other ) till you have courred all the fand, then strowe fand vpon those leaues, till you have thinly couered them all, & then make another laie of leaues as before, and fo lay vpon lay, &c. Set this box in some warme place in a hot funny day, (and commonly in two hot funnie dayes they will bee thorow dry ) then take them out carefully with your hand without breaking, Keepethele leaues in Tarre glaffes, bound about, with paper, neere a chimney, or floue, for feare of relenting. I finde the red Rose leafe beft to be kept in this manner; also take away the stalkes of panfies, flocke gilliflowers, or other fingle flowers; pricke them one by one in fand, prefling downe their leaues (mooth with more fand laid evenly vpon them. And thus you may have Rose leaves, and other flowers to lay about your-



#### The Art of preferring,

basons, windows, &c, all the winter long. Also this secret is very requisite for a good simplifier, because he may dry the leafe of any herb in this manner and lay it, being dry, in his Herbal with the simple which it representeth, whereby he may easily learne to know the names of all simples which he desireth.

64. Clusters of Grapes kept till Easter.

Cutters of Grapes, hanging vpon lines within a close Prefle,
will last till Easter. If they shrinke,
you may plump them vp with a
little warme water before you eat
them. Some vse to dip the ends
of the stalks first in pitch: some
cut a branch off the Vine with euerie cluster, placing an Apple at
each end of the branch, now and
then renewing those Apples as
they rot; and after, hanging them
within a Press or Cupboard, which
would

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Conferning, candying, &c.

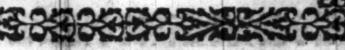
would stand in such a room (as I suppose) where the grapes might not freeze: for otherwise you must be forced now and then to make a gentle fire in the roome, or else the grapes will rot and perish.

65.How to keepe Walnuts a long time plumpe and fresh.

MAKE a lay of the dry stampings of crabs when the verinice is pressed from them, couer that lay with Walnuts, & vpon them make another lay of stampings, and so one lay vpon another till your vessel be full wherein you meane to keepe them. The Nuts thus kept will pill as if they were new gathered from the tree.

66. An excellent conceit upon the kernels of drie Walnuts.

GAther not your Walnuts before they be ful ripe, keep them with-



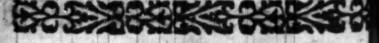
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#### The Art of preserving,

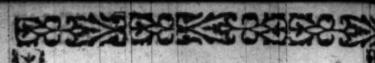
out any art untill Newyceres tide, then breake the shelles carefully, fo as you deface not the kernels: (and therfore you must take choise of fuch nuts as haue thin fhels) whatfocuer you find to come away eafily, remoue it:feep thefe kernels in condun water, forty eight hours, then will they fwell and grow verie plumpe and faire, and you may pill them easily, and present them to any friend you have for a Newyeers gift : but being pilled, they must be eaten within two or three houres, or elfe they lofe their whitness and beautie, but ynpilled they will last two or three daies faire and fresh. This of a kinde Gentlewoman, whose skill I doe highly commend, and whose case I doe greatly pitie; fuch are the hard fortunes of the best wits and natures in our daies.

67. How to keepe Quinces in a most excellent manner.

Make



Conferning candying, co. AKE choise of such as are found; and gathered in a faire, dry and funny day, place them in a vellell of wood, containing a firkin or thereabout, then couer them with pennicale, & fo let them rest : and if the liquor carrie any bad foum, after a day or two take it off : every 10. or 12. dayes let out your penny ale at a hole in the bottome of your veffell, stop the hole, and fill it vp againe with fresh pennie ale: you may have as much for two pence at a time as will ferue for this purpofe. Thefe Quinces being baked at Whitlontide, did tafte more daintily than any of those which are kept in our viuall decoctions or pickles. Also if you take white wine Lees that are neat (but then I feare you must get them of the Merchant, for your Tauernes doe hardly affoord any) you may keepe your Quinces in them very faire and fresh all the yeere, and therein may



The Art of preserving,
you also keepe your barbaries both
full and faire coloured.

68. Keeping of Pomegranats,

Mats as are found, and not prickt as they tearme it, lap them ouer thinly with wax, hang them vpon nailes, where they may touch nothing, in some cupboard or closet in your bed chamber, where you keepe a continual fire, and every 3 or 4. dayes turne the vnder sides vppermost: and therefore you must so hang them in packthred, that they may have a bow knot at either end. This way Pomgranates have beene fresh till Whitsontide,

69. Preserving of Artichekes.

Ctichokes within two inches of the Apple; and of all the rest of the stalkes make a strong decoction

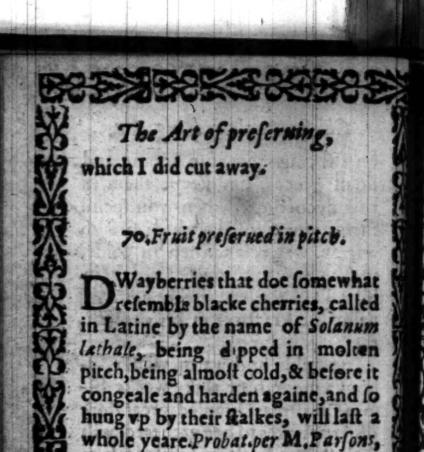
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Conseruing, candying, &c.

on, flicing them into thinne and small peeces, and keepe them in this decoction: when you spend them, you must lay them first in warme water, and then in colde, to take away the bitternesse of them. This of M. Parions, that honest and painefull Practicer in his profession.

In a milde and warm winter, about a moneth or three weeks before Christmas, I caused great store of Artichokes to bee gathered with their stalkes in their full length as they grew: and, making first a good thicke Lay of Artichokeleaues in the bottome of a great and large vessell, I placed my Artichokes, one vpon another, as close as I could couch them, couering them ouer, of a pretty thickeneffe with Artichoke-leaues : thefe Artichokes were serued-in at my Table all the Lent after, the apples being red and found, onely the tops of the leaves a little vaded, which

**ESSENCE SEESSE** 



71. To make clove or Cinamon Sugar.

the Apothecary. Proue what other fruits will also be preserved in this

manner.

L'hoxes amongst sticks of Cinamon-cloues,&c and in a short time it will purchase both the taste sent of the spice. Probat, in cloues.

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72.Hasell

Conseruing, candying, &c.

72. Hasell Nuts kept long.

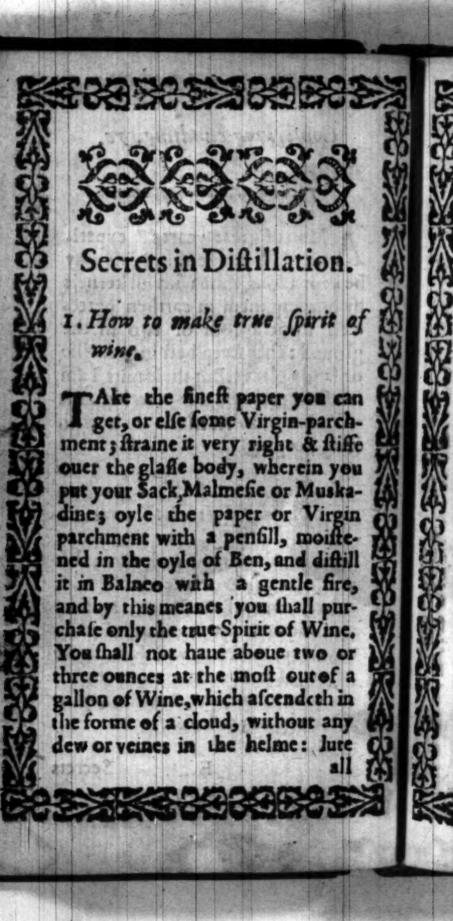
A Man of great yeares & experiAence assured me, that Nuts may
be kept a long time with ful kernels
by burying them in earthen pottes
well stopt a foot or two in the
ground: they keep best in grauellie
or sandy places. But these nuts I am
sure will yeeld no oile as other nuts
will, that wax drie in the shels with
long keeping.

73. Chefnuts kept all the yeere.

A Fter the bread is drawne, disperse your Nuts thinly ouer
the bottome of the Ouen, and by
this meanes the moisture beeing
dryed vp, the Nuts will last all the
yeare; if at any time you perceive
them to relent, put them into your
Ouen again, as before,

B

Secrets





Secrets in Distillation

all the joints well in this distillation. This Spirit will vanish in the ayre, if the glasse stand open.

2. How to make the ordinary Spirit of Wine that is fould for fine Shillings and a noble a pint.

D Ve Sacke, Malmefie, or Muska-I dine into a glaffe body, leaving one third or more of your waffe empty, fet it in balneo, or in a pan of afhes, kreping a foft and gentle fire: draw no longer than till all or moff part will burne away, which you may proue now and then, by fetting a spoonefull thereof on fire with a paper, as it droppeth from the nole or pipe of the helme; & if your fpirit thus drawn haue any phlegme therin,then rectifie or rediftil that spirit againe in a leffer body, or in a bolt receiver in fted of another body, luting a small head on the top of the steele

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# Secrets in Distillation.

steele thereof, & so you shall have a very strong spirit: or else for more expedition, distill 5 or 6 gallons of wine by Lymbecke; and that spirit, which ascendeth asterward, redistill in glasse, as before.

#### 3. Spirits of Spices.

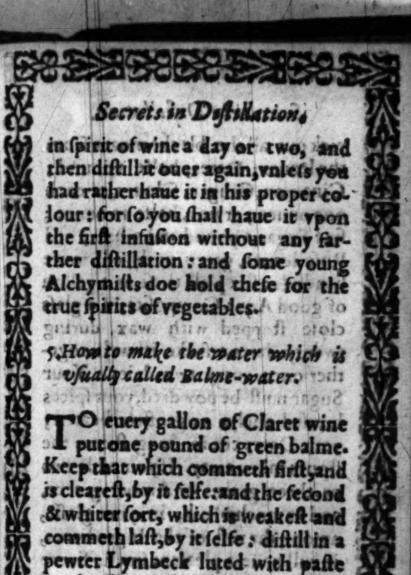
Distil with a gentle heat either in Balneo, or ashes, the strong and sweete water, wherewith you have drawne oyle of cloues, mace, nutmegs, luniper, Rosemary, &c. after it hath stood one moneth close stopt, and so you shall purchase a most delicate Spirit of each of the said aromatical bodies.

4. Spirit of mine, tasting of what vegetable you please.

MAcerate Rosemary, Sage, fweet Fennell seeds, Marioram, Lemmon or Orenge pils, &c.

in





to a braffe pot. Draw this in May or Iune, when the herb is in his prime.

S. Rosa folias o obsen b

Take of the hearbe Rofa-folis, gathered in Iulie, one gallon, picke

# Secrets in Diftillation.

pick out all the blacke moats from the leaves; Dates, halfe a pound; Cinamon, Ginger, Clottes, of each one ounce; grains, halfe an ounce; fine Sugar, a pound and a half; red Role-leaves, green or dryed, foure handfuls: freep all thefe in a gallon of good Aqua Compolica, in a glass close stopped with war, during twenty daies : Thake it well together once every two daies. Your Sugar must be powdred, your spices bruifed onely, or groffely beaten; your Dates ent in long flices, the ftones taken away. If you adde two or three grains of Amber-greece, and as much Musk, in your glaffe, among the reft of the Ingredients, it will have a pleafant smell. Some adde the Gum Amber, with corall and pearle finely powdred, and fine leaf-gold. Some vie to boile Ferdinando buck in Rofe-water, till they have purchased a faire, deepe crimfin colour : and when the fame is cold, they colour their Rola-folis and

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Secrets in Distillation, and Aqua Rubea therewith,

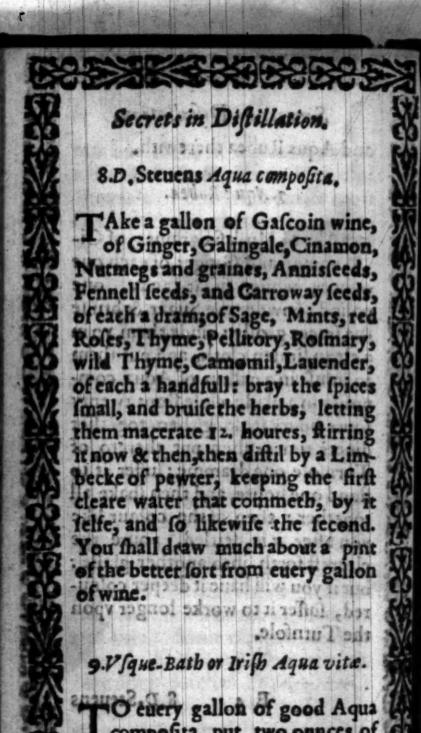
7. Aqua Rubea.

Ake of Musk fix grains: of Cinamon and Ginger, of each one ounce; white fugar-candy, one pound : powder the Sugar, & bruite the fpices grolly : binde them vp in a clean linnen cloth, and put them to infule in a gallon of Aqua compolita,in a glaffe close ftopt twenty foure hours, thaking them together divers times: then put thereto of Turnfole one dramme : fuffer it to fland one houre, and then shake all together: then, if the colour like you after it is fettled, poure the cleerest forth into another glaffe : but if you will have it deeper coloured, fuffer it to worke longer vpon the Turnfole.

or Gue 3 xtb or D & Allice Co.

compositio, put two ou

sup A bode & dollar &.D. Steuens



I composita, put two ounces of chofen

# Secrets in Distillation.

chosen liquorice bruised, and cut into small peeces, but first cleansed from all his filth, and two ounces of Annif-feeds that are cleane and bruifed : let them macerate fine or fixe daies in a wooden vessell, ftopping the same close, and then draw off as much as will runne cleere, distoluing in that cleere Aqua vitæ fiue or fixe spoonefuls of the best Malasoes you can get (Spanish Cute, if you can get it, is thought better than Malaffoes) then put this into another veffell; andafter three or foure daies ( the more the better ) when the liquor hath fined it selfe, you may vie the same, some adde Dates and Raisins of the Sun to this receipt; those grounds which remaine you may redistil and make more Aqua composite of them, and of that Aqua composita you may make more Vique-bath dans 1990 belieth and beeren tueler

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10.Cinamon water.

Auing a Copper bedie or Braffe pot that will hold xit. gallons, you may well make it or iii. gallons of cinamon water at once. Put into your body overnight vi. gallons of conduit water, and two gallons of Spirit of wine, or, to faue charge, two gaffons of Spirit drawne from Wine lees, Ale, or lowe Wine, fix pound of the best and largest Cinamon you can get, or elfe eight pound of the fecond fort well bruifed, but not beaten into powder : lute your Lymbeck, and begin with a good fire of wood and coales, til the veffel begin to diffill then moderate your fire, fo as your pype may drop apace, and runne trickling into the Receiuer, but blow not at any time. It helpeth much heerein to keepe the water in the Bucket not too hote, lig eften change thereof : 18 must

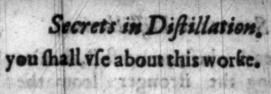
# Secrets in Distillation.

neuer be fo hot, bur that you may weil endure your finger therein. Then divide into quart glaffes the Spirie which first ascendeth, and wherein you finde eyther no tafte, or verie small tafte of the Cinamon, then may you boldly after the Spirit once beginneth to come strong of the Cinamon draw vneill you have gotten at the leaft a gallon in the Receiver, and then divide often by halfe pintes and quarters of pints, left you draw too long: which you hall know by the faint tafte and milkie colour, which distilleth to the end : this you must now and then tafte in a spoone. Now when you have drawne fo much as you finde good, you may adde thereunto fo much of your Spirit that came before your Cinamon water, as the fame will well beare, which you must finde by your taste, But if your Spirit and your Ginamen be both good, you may of the afore.

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#### Secrets in Distillation.

aforefaid propertion will make vp two gallons, or two gallons and a quare of good Cinamon water. Heere note, that it is not amiffe to observe which glaffe was first filled with the spirit that ascended, and fo of the fecond, third and fourth: and when you mixe, beginwith the last glasse first, and so with the next, because those have more take of the Cinamon than that which came first, and therefore more fit to bee mixed with your Cinamon water, And if you meane to make but 8.or 9. pintes aronce, then begin bur with the halfe of this proportion. Alfo that spirit which remaineth vnmixed doth ferue to make Cinamon water the fecond time. This way 1 have often proved, and found most excellent : take heede that your Limberke be cleane, and have no manner of fent in it, but of wine or Cinamon, and folikewife of the glaffes, funnelles and pots which



der, Kosemary, &c. after a new and excellent manner.

Auing a large pot containing 12.or 14. gallons with a Lymbecke to it, or elfe a copper bodie with a ferpentine of 20. or 24. gallons, and a copper head, beeing fuch aveffell as is commonly vied in the drawing of Aqua vita, fill two parts thereof with faire water, and one other third part with such hearbes as you would distills the hearbes beeing eyther moift or drie, it skilleth not greatly whether elet the hearbes macerate all night, and in the morning begin your fire, then distill as before in Ginamon water, being carefull to give change of waters to your colour alwaies as it needeth : drawe no longer than you feele a ftrong and fensible take of



the hearb which you distill, alwaies dividing the ftronger from the weaker, and by this meanes you shall purchase a water farre excelling any that is drawne by a common pewter Still : you may also gather the ovle of each hearbe, which you shall finde fleeting on the top or fummitie of your water. This course agreeth best with such hearbes as are not in tafte, and will yeeld their oyle by distillation.

> 12. Home to make the falt of Hearbes.

Vrne whole bundels of dryed DRosemary, Sage, Isop, &c. in a cleane Ouen, and when you have gathered good store of the ashes of the hearbe, infuse warme water voon them, making a ftrong and tharp Lee of those ashes, then cuaporate that Lee, and the residence or fetling which you find in the bottom therofis the falt which you feeke for. Some vie to filter this Lee

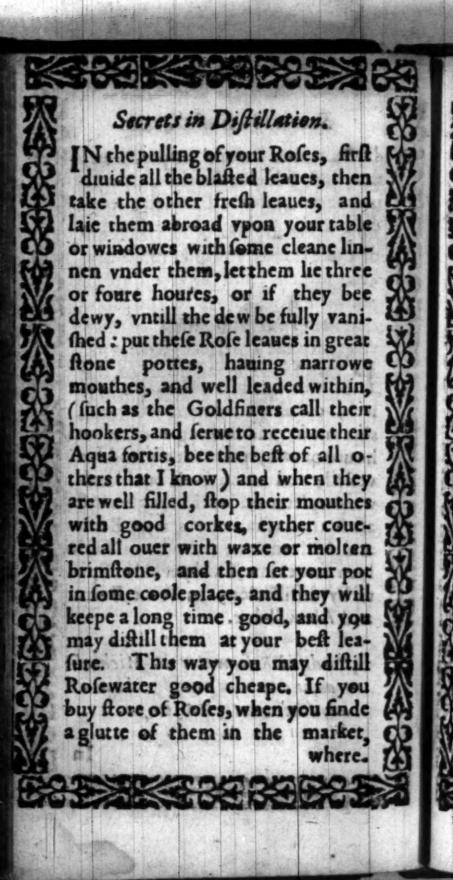
divers times before evaporation, that their falt may be the clearer & more transparant. This falt, according to the nature of the hearbe, hath great effects in physick.

#### 13. Spirit of Honey.

Por vater: when the water boyleth, dissolve your Honey therein, skimme it, and having sodden an houre or two, put it into a wodden vestell, and when it is but bloudwarme, set it on worke with yeast after the vivall manner of Beere and Alextunne it, and when it hath lyen some time, it wil yeeld his Spirit by distillation, as Wine, Beere and Alewill doe.

mas, and to have a good yeeld as at any other time of the jeares

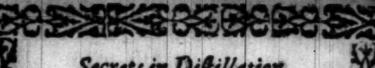
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whereby they are fold for 7. pence or 8 pence the bushell : you then engroffe the flower. And some hold opinion, that if in the midst of these leanes you put some broken leauen, and after fill vp the pot with Role leaves to the toppe, that fo in your distillation of them you shal have a perfect Role vinegar, without the addition of any common vinegar. I have knowne Rose leaues kept well in Rondlets that have beene first well seasoned with some her liquor & Roseleaus, boiled together, and the fame pitched over on the out fide, fo as no ayre might penetrate or pearce the veffell.

15 Aspeedy distillation of Rosewater.

STampe the leaves, and first distill the suice being expressed, and after distil the leaves, and so you shall dispatch more with one Still, than others doe with three or foure



foure Stils. And this water is every way as medicinable as the other, feruing in all firups, decoctions, &c., fufficiently, but not altogether for pleafing in fmell.

16. How to distill wine-vinegar or good Aligar, that may be both cleer and sharp.

Knowe, it is an viuall manner, among the Nouices of our time, to put a quart or two of good vinegar into an ordinary leaden Still, and fo to distill it as they doe all other waters, But this way I veterly diflike, both for that heere is no feparation made at all, and also because I feare, that the vinegar doth carry an ill touch with it, either from the leaden bottom, or pewter head, or both. And therefore I could wish rather, that the same were distilled in a large bodie of glaffe with a head or receiver, the fame being placed in fand or afhes.

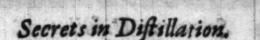
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Note, that the best part of the vinegar, is the middle part that ariseth: for, the first is faint & phlegmands; and the last will taste of adustion, because it groweth heavie toward the latter end, and must be vrged vp with a great sire: and therefore you must now and then taste of that which cometh both in the beginning, & towards the latter end, that you may receive the best by it selfe.

so, and so of all other hearbs and flowers.

lenger, entire tere, or halfe erre:

Macerate the Rose in his owne Minice, adding thereto, beeing temperately warme, a convenient proportion either of yeast or ferment: leave them a few daies in fermentation, till they have gooten a strong & heady smell, beginning to incline toward vinegar: then distill them in balneo in glasse bodies luted to their helmes (happely a Limbeck



beck will do better, and rid fafter)
and drawe so long as you finde
any sent of the Rose to come; then
redistill or rectifie the same so often till you have purchased a perfect spirit of the Rose. You may also
ferment the juice of Roses only, and
after distill the same.

#### 18. An excellent Rofewater.

which con esh both in the

ring, & covardath la

Vdie, straine a haire cloath, and vpon that lay good store of Rose-leaues, either drie, or halfe drie: and so your water will ascend verie good both in smell and in co-lour. Distill either in balneo, or in a gentle sire in ashes: you may reiterate the same water vpon fresh leaues. This may also bee done in a leaden Still; ouer which, by reason of the breadth, you may place more leaues.

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#### Secrets in Distillation.

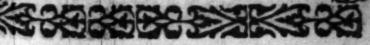
19. An excellent way to make the ex-

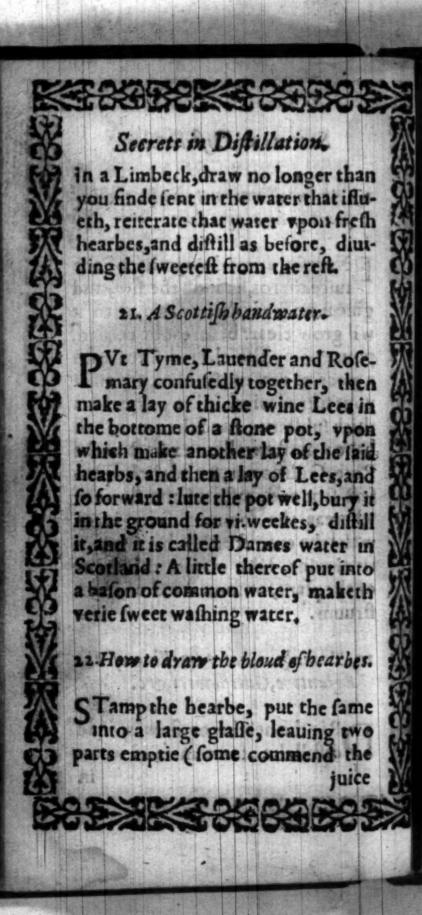
EXpresse a good quantity of the suice therof, fer it on the fire, and gine it only a walme or two, then it wil grow clear: before it be cooled, poure away the cleered filter with a piece of cotten, & then euaporate your filtred inice, till it come to a thick substance : and thus you shall haue a most excellent extract of the Rofe, Gilliflower, &c. with the perfect fent and tafte of the flower; whereas the common way is to make the extract either by the fpirit of wine, faire water, the water of the plant, or some kind of men-Aruum.

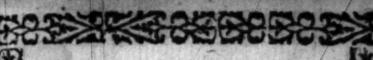
20. To make a water smelling of the Eglantine, Gillislowers, &c.

DRie the hearbe or flower, and distill the same in faire-water

in







juice of the herb onely) nip or else lute the glasse very well: digest it in balneo xv.or xvi. daies, and you shall find the same very red: divide the watrish part; and that which remaineth, is the bloud or essence of the herb.

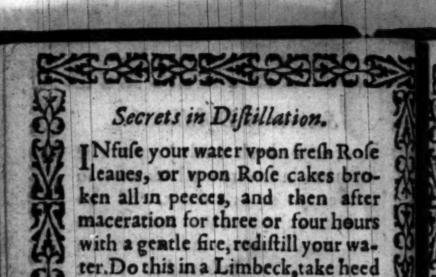
23.Kosewater, & yet the Rose-leaves not discoloured.

You must distill in balneo, and when the bottom of your pewter Still is thorow hot, put in a sew leaves at once, and distill them: watch your Still carefully; and, as soone as those are distilled, put in more. I know not whether your prosit will requite your labour, yet accept of it as a new conclusion.

other distilled water that hath gotten a mother, and is in danger to be musty.

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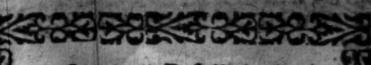


25.To draw both good Rosewater, and oyle of Roses together.

of drawing too long for burning, valeffe your Lymbeck stand in bal-

DCO.

A Fter you have digested your ARose seaves by the space of 3. moneths, sicut ante, num. 13. either in barrels or hookers, then distill them with fair water in a Limbeck: draw so long as you can find any excellent smell of the Rose, then divide the fattie oyle that sleeteth on the top of the Rosewater, and so you have both excellent oyle of Roses, and also good Rosewater together, and you shall also have more water than by the ordinarie way



way : and this Rosewater extendeth farther in physicall compositions, and the other terueth best for perfumes and cafting bottles. You may also diffil the oile of Lignum Khodium this way, fauing that you shall not need to macerate the fame aboue 24 houres in your water or menstruum before you distill sthis oile hath a most pleasing smell, in a manner equal! with the oile of Roles.

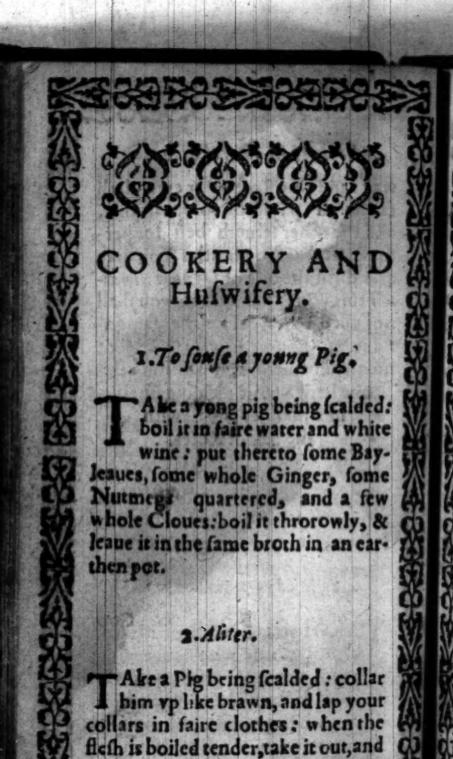
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put it in cold water and falt, and that will make the skinne white: make fowfing drink for it, with a quart of white wine, and a pottle of the same broth.

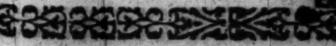
3.To boile a Flounder or Pickrell of the French fashion.

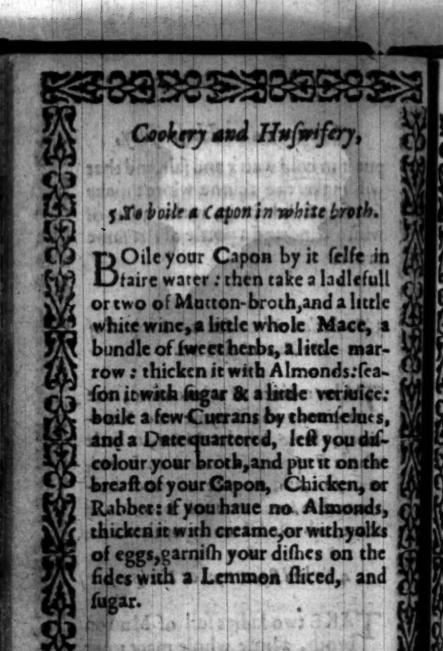
Take a pinte of white wine, the tops of yong Thyme and Rofe-mary, a little whole Mace, a little whole Pepper, seasoned with veriuice, salt, and a peece of sweet butter, and so serve it: this broth will serve to boile fish twice or thrice in.

4 To boil Sparrows or Larks.

TAKE two ladles full of Mutton broth, a little whole mace: put into it a peece of sweet butter, a handfull of Parsly being picked: season it with sugar, verinice, and a little pepper.

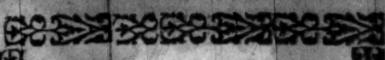
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6. To boile a Mallard, Teale, or Wygen.

Take Mutton-broth, and put it into a pipkin: put into the belly

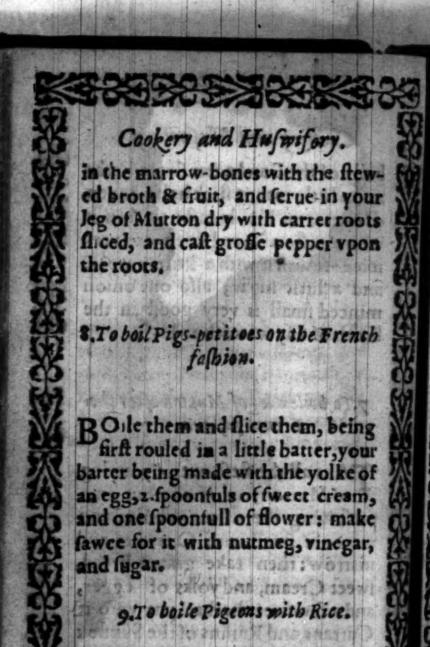


belly of the Fowl a few sweet herbs and a little mace: stick half a dozen of cloues in his breast: thicken it with a toste of bread steeped in vertice: season it with a little pepper, and a little sugar; also one onion minced small is very good in the broth of any water-Fowle.

7.To boile a leg of Mutton after the French fashion.

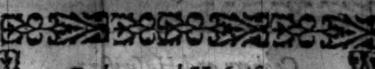
Take all the flesh out of your leg of Mutton, or at the but end, preserving the skinne whole, and mince it simall with Oxe suet and marrow: then take grated bread, sweet Cream, and yolks of egges, and a few sweet herbs: put vnto it Currans, and Raisins of the Sunne: season it with Nutmegs, Mace, Pepper, and a little Sugar, and so put it into the leg of Mutton again, where you took it our, and stew it in a pot with a marrow-bone or two: serue-

F 3 in



BOil them in Mutton-broth, putting sweet herbs in their bellies: then take a little Rice, and boil it in creame, with a little whole mace: season it with sugar: lay it thick on their

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their brefts, wringing also the inice of a Lemmon vpon them, and so serue them.

in sharp broth with berbs.

TAke a little mutton broth, white wine and veriuyce, and a little whole mace: then take Lettuce, Spinage, and Parsley, and bruize it, and put it into your broth, seasoning it with veriuyce, pepper, and a little sugar, and so serve it.

11.To make Beaumanger.

AKE the brawne of a Capon: tose it like wooll: then boile it in sweet Cream with the whites of two egges; and being well boyled, hang it in a cloth, and let the whey runne from it: then grinde it in an Alabaster mortar with a woodden pestell: then draw it thorough a thinne strainer with

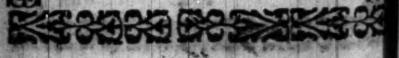


with the yolks of two egges and a little Rose-water: then set it on a chasing dish with coals, mixing sour ounces of sugar with it; and when it is cold, dish it vp like Almond-butter, and so serue it.

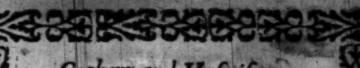
12. To make a Polonian sawsedge.

Take the fillets of a hog: chop them very small with a handfull of red Sage: season it hot with ginger and pepper, and then put it into a great sheep's gut: then let it lie three nights in brine: then boile it, and hang it vp in a chimney where he is viually kept: and these saw-sedges will last a whole yeere. They are good for sallades, or to garnish boiled meats, or to make one rellish a cup of wine.

13.To



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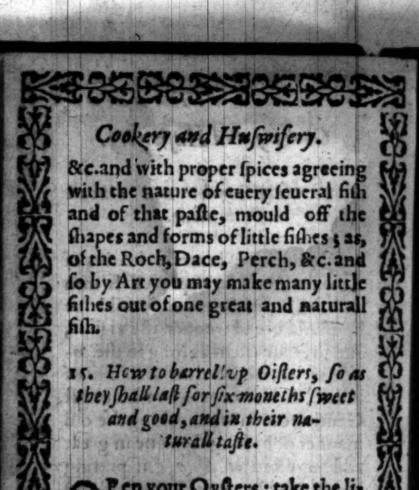
13. To make tender and dilicate brawne.

PVt collars of brawn in kettles of Nater, or other apt vessels into an ouen heated, as you would for houshold bread: couer the vessels, and so leave them as long in the ouen, as you would doe a batch of bread. A late experience amongst Gentlewomen far excelling the old manner of boiling brawne in great and huge kettles. Quare if putting your liquor hot into the vessels, and the brawn a little boiled first, by this means you shall not give great expedition to your work.

#### 14.Pafte made of fifh.

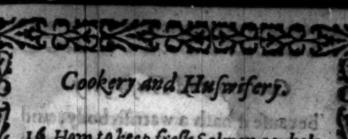
Ncorporate the body of falt fifth, Stock fifth, Ling, or any fresh fith that is not full of bones, with crums of bread, flower, Isinglasse,

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O Pen your Oysters: take the liquor of them, and mix a reasonable proportion of the best white
wine vinegar you can get, a little
salt, and some pepper: barrell the
sish vp in small cask, courring all
the Oysters in this pickle, and they
will last a long time. This is an excellent means to conney Oysters
vnto dry townes, or to carry them
in long voyages.

45.Hem

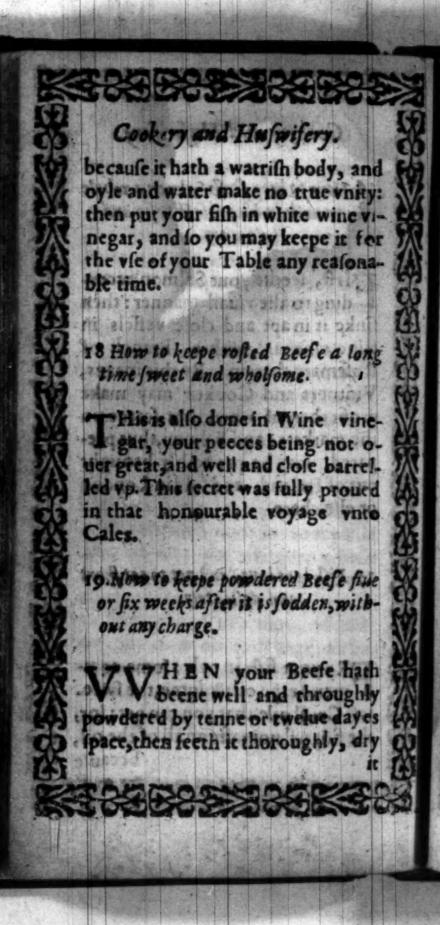


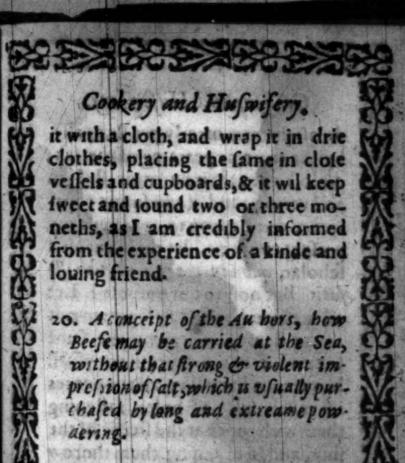
16. How to keep fresh Salmon a mbole moneth in his perfect taste and delicacy.

First, seethe your Salmon according to the viuall manner: then sinke it in apt and close vessels in wine-vinegar, with a branch of Rosemary therein. By this means, Vintners and Cookes may make prosethereof when it is scarce in the markets: and Salmon, thus prepared, may be proseably brought out of Ireland, and sold in London or elsewhere.

17. Fish kept long, and yet to eat short and delicately.

PRy your fish in cyle: some commend rape oil; & some, the swee. test Chuill oile that you can get: sor, the fish wil not taste at all of the oil, because





Here, with the good leave and fauour of those courteons Gentlewomen, for whom I did principally, if not only, intend this little Treatite, I will make bold to lanch a little from the shoare, and try what may bee done in the vast and wide Ocean, and in long and dangerous voyages, for the better preservation of such vivall victualls, as for want of this skill

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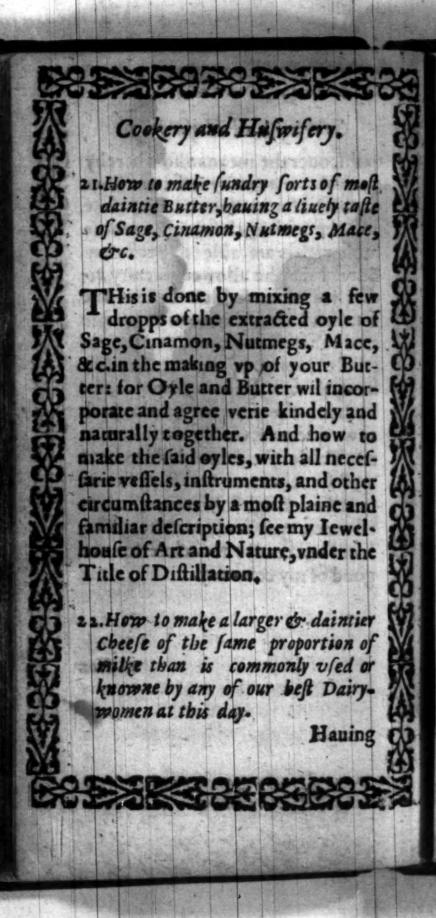
do oftentimes meerly perifh, or elfe, by the extreme pearcing of the fale, do lofe euen their nutritiue ffregth and vertue ; and if any future experience doe happen to controlle my present conceipt, let this excuse a Scholar, quod in magnis est voluisse fatis. But now to our purpole : Let all the bloud be first well gotten out of the Beefe, by leaning the fame fome nine or ten dayes in our vfuall brine: then barrell vp all the peeces in vestels full of holes, fastening them with ropes at the sterne of the thip, and fo dragging them thorow the falt fea water (which, by his infinite change and succession of water, will fuffer no putrefaction, as I fuppole): you may happely finde your Beet both fweet & fauoury enough, when you come to fpend the fame. And if this happen to fall out true vpon fome tryall thereof had, then either at my next impression, or when I shall be vrged thereunto vpon any necessity of feruice, I hope

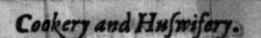
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to discoper the means also whereby enery flip may carry fufficient fore of victual for her felfe in more clote and convenient cariages than those loofe vessels are able to performe. But if I may be allowed to carry either rofted or fodden fleshto the sea, then I dare adventure my poore credit therein, to preferue, for fix whole moncths togesher, eyther Beef, Mutton, Capons, Rabbets, &c. both in a cheap manner, and as fresh as we doe now viwally eate them at our Tables. And this I hold to be a most fingular and necessary Secret for all our English Nauie; which at all times, vpon reasonable tearmes, I will be ready to disclose for the good of my countrey.

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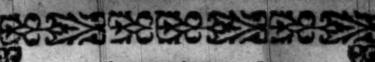
21.How



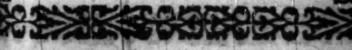


Haing brought your milke inther breake them with your hands, according to the viual manner of other Cheefes, and after, with a fleeting dish, take away as much of the whey as you can; or elle put the curds, without breaking, into your most: let them fo repose one houre, or two, or three; and then, to a Cheese of two gallons of milk, adde a weight of tenne or twelue pound ; which weight must rest vpon a couer that is at with the most or cale; wherein it must truely descend by degrees as you increase your weight, or as the curds doe fink and fettle. Let your curds remaine fo all that day and night following vntill the next morning : and then turne your Cheefe or curds, and place your weight again thereon, adding from time to time some more small weight, as you shall see cause. Note, that you must

lay a cloth both under and ouer your curds at the leaft, if you will not wrap them all ouer, as they doe in other Cheefes, changing your cloth at every turning. Also if you will worke in any ordinary moat, you must place a round and broad hoope vpon the moat, beeing inft of the felfelame bigneffe, or circumference, or elle you shall make a very thinne cheese. Turne these cheeses enery morning and evening, or as often as you shall see cause, till the whey be all runne out; and then proceed as in ordinary Cheefes. Note, that these moats would be full of holes, both in the fides and bottome, that the whey may have the speedier passage. You may also make them in square boxes full of holes, or elfe you may deuife moats or cases, either round or uing wicker couers, may by some fleight be so staied, as that you shall need



need onely morning and evening to turne the wrong fide vpward, both the bottomes being made loofe, and so close and fitting, as they may finke truely within the moste or mould, by reason of the weight that lyeth thereon. Note, that in other Cheefes the couer of the most thutreth over the most : but in thefe the covers descend and fall within the moates. Also your ordinarie Cheeses are more spongious and full of eyes, than thefe, by reason of the violent pressing of them; whereas thefe cheefes fetling gently and by degrees, doe cut as close and as firme as marmelade. Also in those Cheeses which are preffed out after the viual manner, the whey that commeth from them if it stand a while, will carrie a creame vpon it, whereby the Cheese must of necessitie be much leffe, and, as I gheffe, by a fourth part: whereas the Whey that commeth from these new kinde of Cheeses



# B83388888888

Cookery and Huswifery.

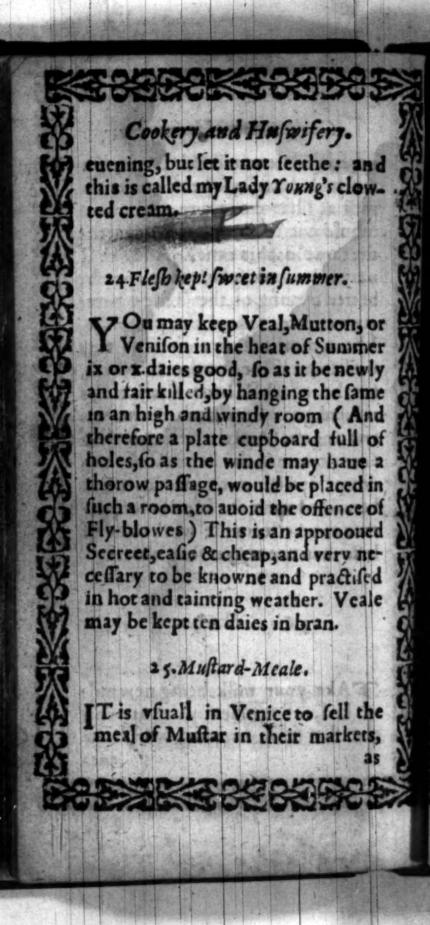
Cheefes is like fair water in collour, and carrieth no ftrength with it. Note also, that if you put in your curds vnbroken, not taking away the whey that iffueth in the breaking of them, that fo the cheefes will yet be fo much the greater: but that is the more troublefome way, because the curds, beeing render, will hardly endure the turning, valeffe you bee very carefull. I suppose, that the Angelores in France may bee made in this manner in small baskets, and fo likewife of the Parmeelan; and if your whole Cheefes confift of vnflatten milke, they will be full of butter, and eate most daintily, being taken in their time, before they be too dry: for which purpole, you may keepe them, when they beginne to grow dry, vpon greene ruthes or nettles. I have robbed my wives Dairy of this fecret, who hath hitherto refused all recompences that have beene offered



her by gentlewomen for the tame; and had I loued a Cheefe my felt fo well as I like the receipt, I thinke I thould not fo eatily have imparted the lame arthis time. And yet I must needs confesse, that for the better gracing of the Title wherewith I have fronted this pamphlet, I have been willing to publish this with fome other fecreis of worth, for the which I have many times refuled good flore both of crowns and angels. And therefore let no Gentlewoman chink this Booke too deare, at what price toener it thall be valued voon the fale therofineither can I efteem the work to be of leffe than twenty yeeres gathering.

23 Clouted cre am.

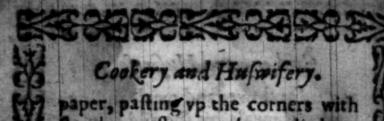
Take your milk being new milked, and presently set it vpon the fire from morning vntill the eue.



as we doe flower and meale in England: this meale, by the addition of vinegar, in two or three daies becommeth exceeding good muftard; but it would be much stronger and finer, if the huskes or huls were first divided by fearce or boulter; which may easily be done, if you dry your feeds against the fire before you grinde them. The Dutch iron bandmils, or an ordinary pepper-mill, may ferue for this purpofe. I thoght it very necessary to publish this maner of making your fawce, because our mustard which we buy from the chandlers at this day, is many times made vp with vile and filthy winegar, fuch as our flomacks would abhorre, if we should see it before the mixing thereof with the feeds.

26. How to avoid smoake in broyling of Eacon, Carbonado, &c.

Make little dripping pannes of paper,



Rarch or piffe : werthern a little in water (but Pope Pius Quintus his Cook will have them touched over with a feather first, dipped in oyle or molten butter): Jay them on your gridiron, and place therein your Arces of bacon, turning them as you fee canfe. This is a cleanly way, and avoideth all imoke. In the fame maner you may also broil thin flices of Polonian fawledges, or great Oyfters : for fo were the Popes O fters dreffed. You muft be carefull, that your fire vnder the gridiron flame not, left you happen to burne your dripping pannes: and therefore all cole-brands are here feeluded.

27. The true bottling of beer.

VV Hen your Beer is 10. or 12 dayes olde, whereby it is growne reasonable cleare, then

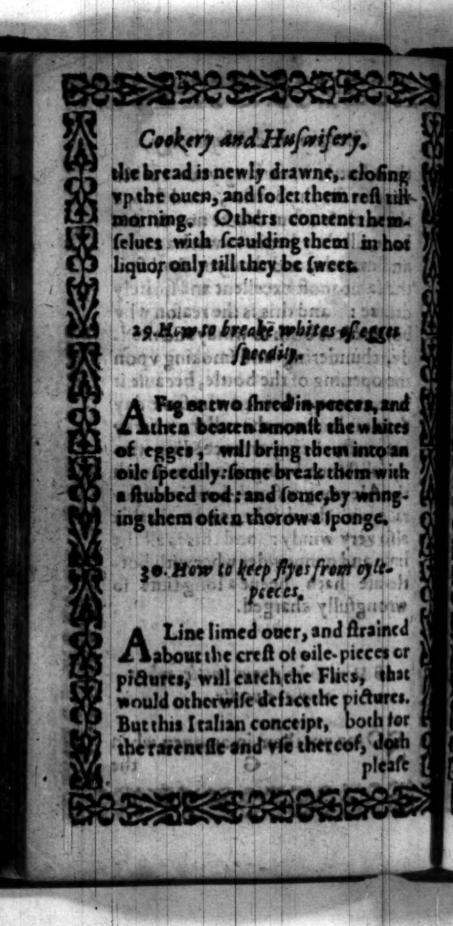
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#### Cookery and Huswifery,

then house it, making your cothes very fit for the bottles, and ftoppe them close a but drinke not of this bear, till they begin to work againe, and mantle, and then you thall find the fa ne most excellent and spritely drinke : and this is the reason why bot leafe is both to windy and middy, thundering and imoking vpon the opening of the bottle, because it is commonly bottled the fame day his years, being an exceeding win dy lubitance, being also drawn with the Ale not yes fined, doch incorpo rate with the drinke, and maketh it also very windy: and this is all the lime and gunpowder wher with bot-tle-ale hath beene a long time for wrongfully charged. Line limed open, and fraince

28. How to help your bottles when

Some put them in an oven when



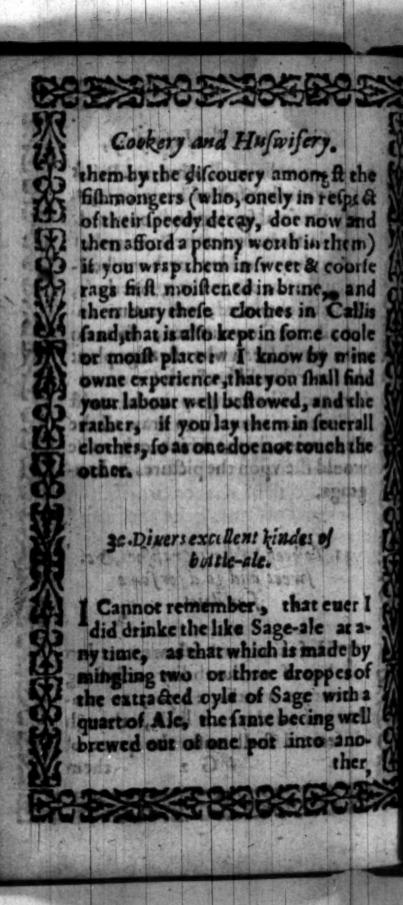
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Cookery and Huswifery,

please me aboue all other, viz. Prick a Cowcumber sull of barly-cornes, with the smal spiring ends outward: make little holes in the cowcumber first with a woodden or bone bodkin, and after pur in the grain: these, being thick placed, will in time cour all the Cowcumber, so as no man can discern what strange plant the same should be. Such Cowcumbers are to be hung up in the midst of Summer roomes, to draw all the Plies worn them, which otherwise would stre upon the pictures or hangings.

31. Tokeep Lo fers Crafishes, &c.
frees and good for some
free dajes.

There is indes of fish are noted to no durability or lasting in warme weather to yet, to prolong their dayes a little, though I feare I shall raise the price of



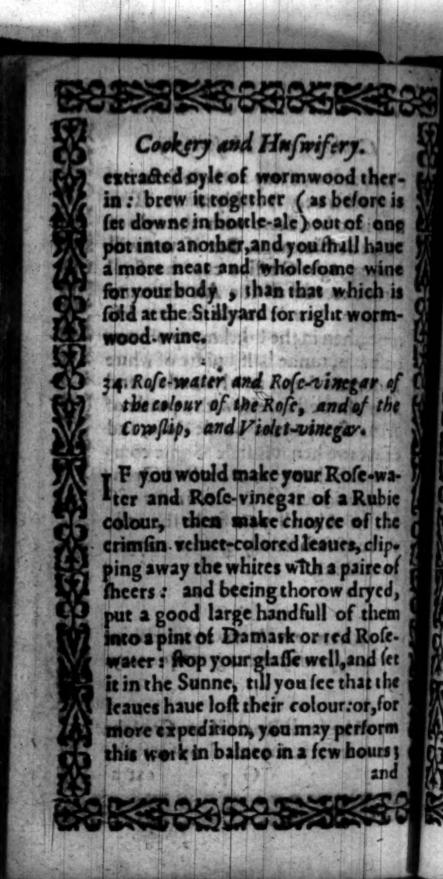
### Cookery and Huswifery

ther: and this way a whole Stand of fage ale is very speedily made. The like is to bee done with the oyle of Mace or Nurmegs. But if you will make a right Goffips cup that finall farre exceede all the Ale that ever mother Bunch made in her life time, then in the bottling vp of your best aile, tunne half a pinte of white Ipocrafie that is newly made, and after the befreceit, with a pottle of Ale: Stoppe your bottle close, and drink it when it is stale. Some com. mend the hanging of roafted Orengrsprickt full of Cloues in the veffell of Ale till you finde the take thereof infliciently graced to your own hking. dovidence opered 328

33. How to make wormewood mine very speedily and in great quantity.

may to the high part him a lea

Take small Rochell or Coniake wine, put a few drops of the



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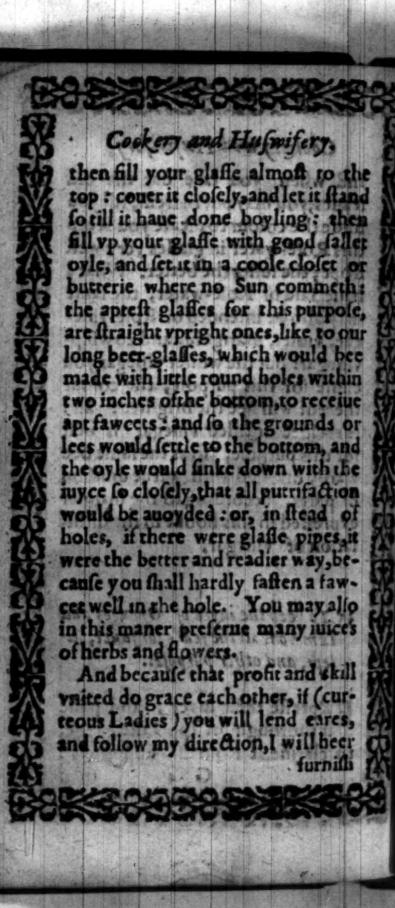
### Cookery and Hustvifory

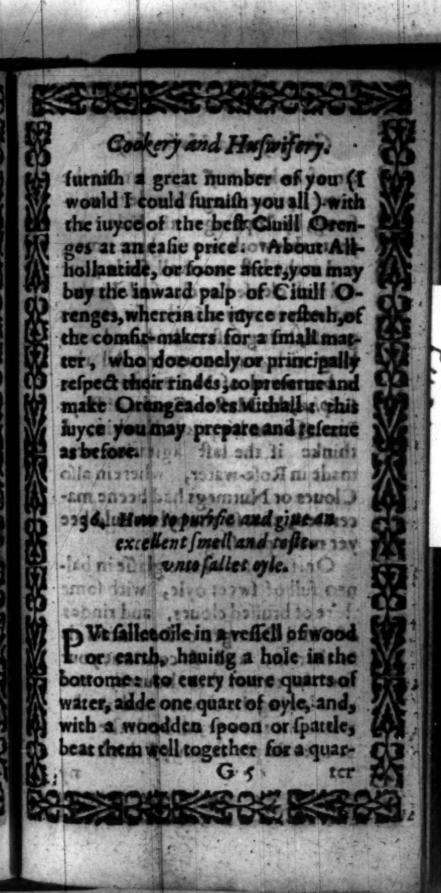
and when you take out the old leanes, you may put in fresh, till you finde the colour to pleafe you Keep this Role-water in glastes very well flope; the fuller the better. What I have faid of Role-water, the fame may also be intended of Rose-vinegar, violet, marigold, and cowfipvinegar: but the whiter vinegar you chale for this purpose, the colour thereof will bee the brighter: and therefore distilled vinegar is best for this purpose, so as the same bee warily distilled with a true druision of parts, according to the manner expressed in this booke in the distilation of vinegar,

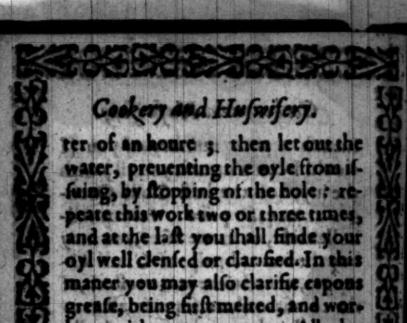
35. To keep the suyce of Orenges and Lemmons all the years for fauce, Inleps, and other purposes.

Expresse their juyce, and passe it thorough an spocrasse bagge, to clarifie it from his imputation:

G 4 then







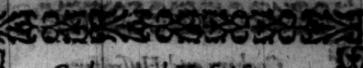
grease, being hist melted, and working with warms water. All this is borrowed of M. Bartholomans Scapius, the Master Cooke of Pope Pins Quinto his privile Kitchia. I thinke if the last agitation were made in Rose-water, wherein also Cloues or Natmegs had been ma-

cerated, that to the oylewfuld bee

yet more pleafing.

Or if you fee a larre glasse in balneo full of sweet cyle, with some store of bruiled cloues, and rindes of Civil Orenges or Lemmons als so therein, and so continue your fire for two or three houses, and then letting the cloues, and rindes remain in the oile, till both the sent

8: tafte do pleafe you; I think ma



### Cookery and Hafwifery.

ny men which arthis day do lothe oyl (as I my felf did, not long lince) would be cally drawn to a fufficient liking thereof.

37. How to clarifie, without any diffillation, both white and claret wine vinegar for gellies or sauces.

orate the attred by work reserving

To every fix pints of good winevinegar, put the whites of two new-laid egges well beaten: then put all into a new leaden pipetri, and cause the same to boyle a little over a gentle fire; then let it run thorow a coorse gelly-bag twice or thrice, and it will be very cleer, and keepe good one whole yeare.

38.To make a most delicate white falt for the Table.

lowed wi

Irst calcine or burn your white sale,

### Cookery and Huswifery.

falt: then diffolue it in cleer conduit water: let the water stand without stirring, jorty eight houres: then carefully draw away all the cleere water only: filter it, and after euaporate the filtred liquor, reserving the salt Some leave our calcination.

## 39. A delicate Candle for a Ladies Table.

Aule your duch Candles to bee Cdipped in Virgin wax, so as their last coat may bee meerly wax: and by this meanes you may carry them in your hand without melting, and the sent of the tallow will not break thorow to give offence but if you would have themtoresemble yellow wax-candles, then first let the tallow be coloured with Tucmerick boyled therin, and strained: and after your Candles have beene dipped therein to a sufficient greatnesse. Jet them take their last coat

### Cookery and Huswifery.

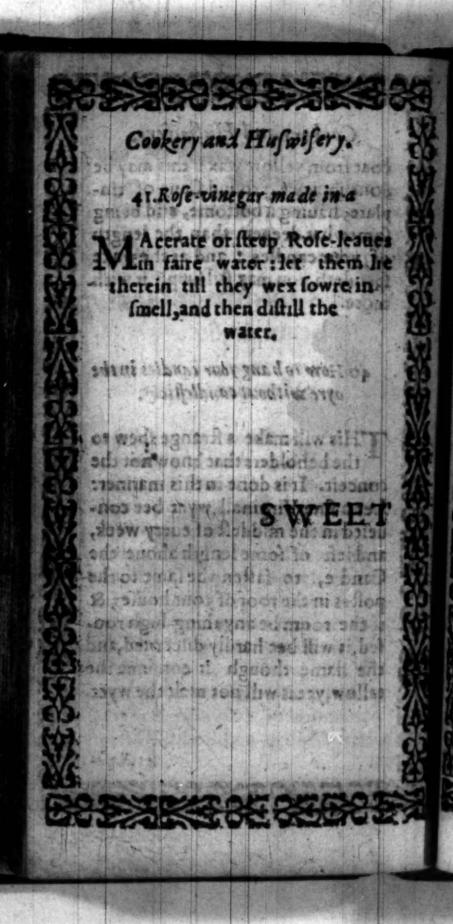
coat from yellow wax: this may be done in a great round. Cane of tinplace, having a bettome, and being fomewhat deepen than the length of your candles: and as the waxe spendeth, you may still supply it with more.

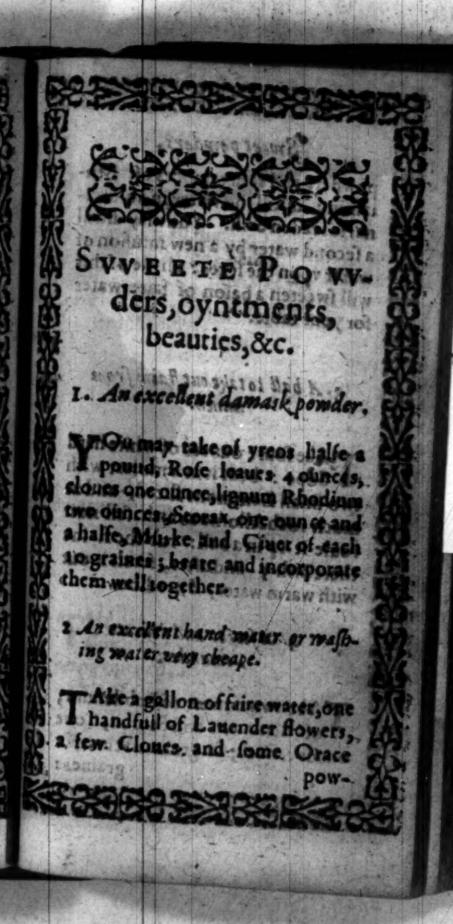
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40 How to bang your candles in the ayre without candlesticks.

This will make a strange shew to the beholders that know not the conceit. It is done in this manner: Let a sine Virginall wyar bee conceited in the middest of every week, and lest of some length above the Candle, to fasten the same to the postes in the roof of your house; &t if the room be any thing high roofed, it will bee hardly discerned, and the stame though it consume the tallow, yet it will not melt the wyer.

41 Rofe





Sweet penders. powders and foure ounces of Beniamin : diffill the water in an ordinaffe leaden Seill: You may diffell a second water by a new infusion of water vpon the secent a little of this will sweeten a bason of faire water for your table. 10 VO, 2130 beautits, coc 3. A ball to take out flains from Ake foure ounces of white land Sope s beat it in a morear with ewo finall Lommons fliced, and a much roch Altomous an hafelt ness route it op in a ball: tub the flaibe therewith and after, fetch is out with warm water, if need be .... w A Sweet and delicate is s Pomander, a Law gen The two ounces of Labdanums of Beniamin and Storage one ounce : musk; fix graines : zinet, fix graines 2 : [4

# KESKESISE KESK

Oyntments, beauties, &c.

grains: Amber-greafe, fix graines; of Calamus Aromaticus and Lignum Aloes, of each the waight of a groat: beat all these in a hot mortar, and with an hot pestell, till they come to paste: then wet your hand with Rose-water, and rouse vp the paste suddenly.

5. To take Stains out of ones hands presently.

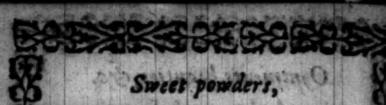
wifeith bonce of a Hogor Store

Y Ou may do this with the juyce of Sorrell, washing the stained place therein.

6. To take away spo's and freckles from the face or bands.

The sappe that issueth out of a Birch tree in great abundance, being opened, in March or Aprill, with a receiver of glasse set vnder the boring theros to receive the same, doth perform the same most excellently,

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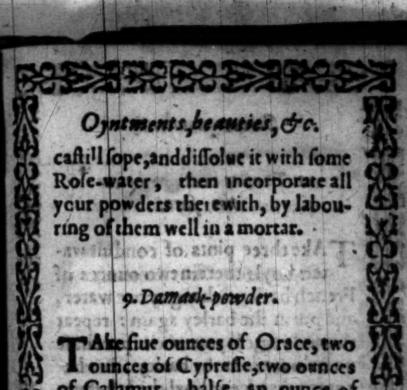
excellently, & maketh the skin very cleer. This sap will diffolue pearle; a secret not known vnto many,

7. A white fucus or beauty for the face.

The iaw bones of a Hog or Sow well burnt, beaten, and searced thorow a fine Searce, and after, ground upon a porphyric or serpentine stone, is an excellent sucus, being laid on with the oyle of white poppy.

### 3. A delicate washing ball.

Take three ounces of Orace, half an ounce of Cypres, two ounces of Calamus Aromaticus, one ounce of Role leaves, two ounces of Lauender flowres: beat all these together in a mortar, searcing them thorow a fine Searce, then scrape some castill

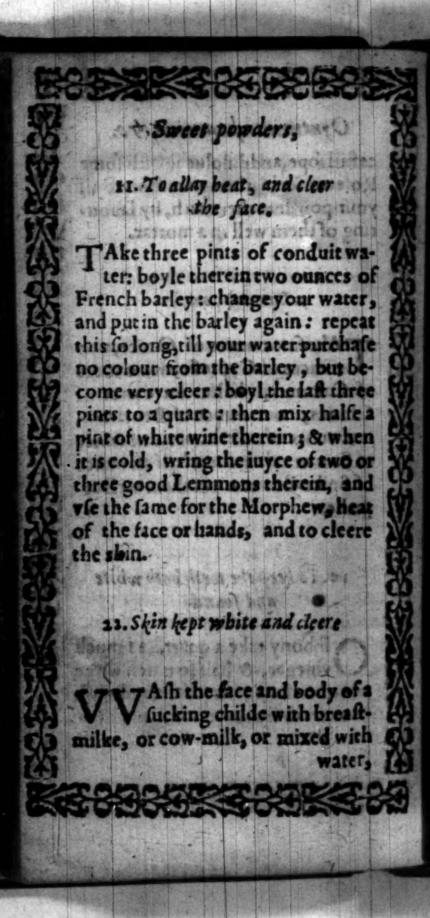


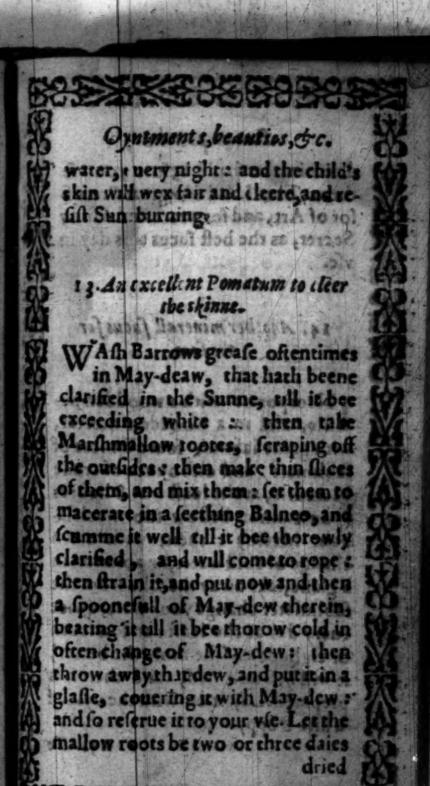
The fine ounces of Orace, two ounces of Calamus, halfe an ounce of Cloues, one ounce of Beniamin, one ounce of rofe leanes, one ounce of Storax calamitum, half an ounce of Spike-flowers: mix them well together.

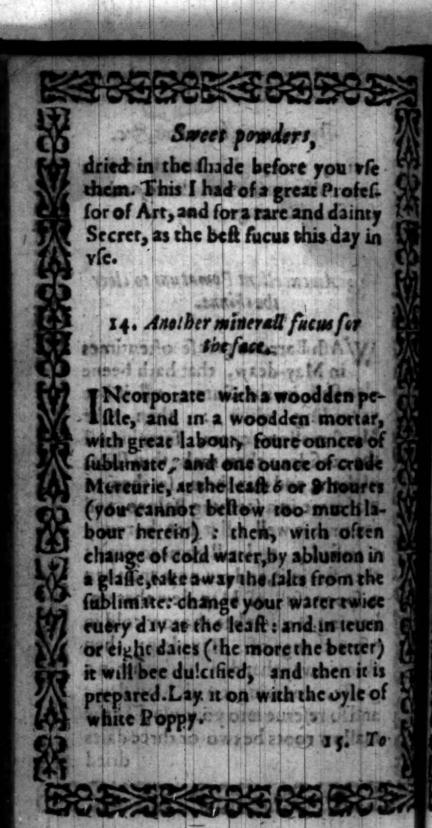
10. To keep the teeth both white

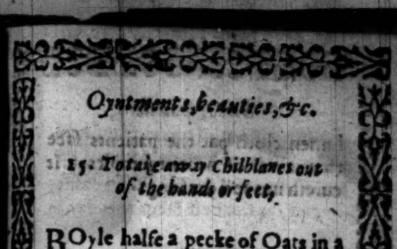
OF hony take a quarr, as much vinegar, & half so much white wine; boyl them together, and wash your teeth therewith now and then.

11.To









BOyle halfe a pecke of Oats in a quart of water, till they wex dry: then having first annointed your hands with some good Pomarum, and well chased them, hold them within the Oats as hot as you may well suffer them, covering the bowl wherein you put your hands, with a double cloth, to keep in the steame of the Oats. Do this three or toure times, and you shall find the effect. The same Oats will serve to be sodden with swell water three or foure times.

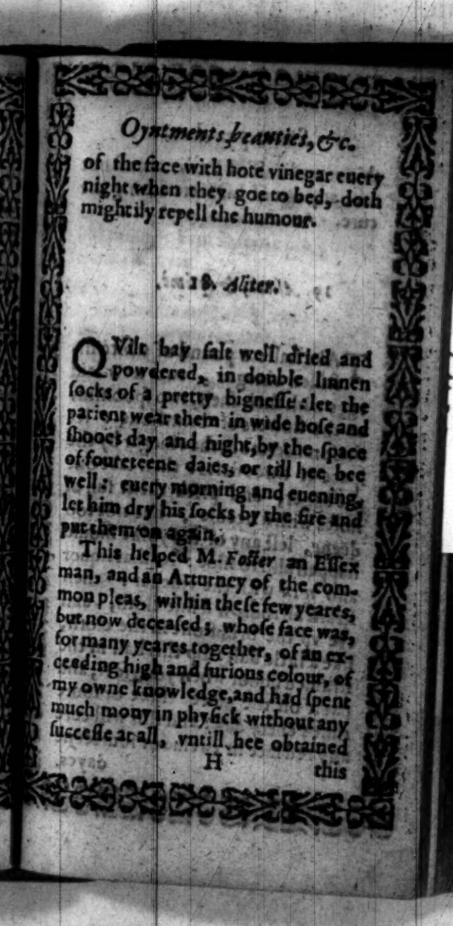
16 To belp a face that is red or pimpled.

offentimes in a day.

allyna finde

Diffolue common Sale in the Duyce of Lemmons, and with a linnen

Sweet powders, linnen cloth pat the patients face that is full of heat or pumples. It cureth in a few dreffings BO Je latte a pecke of Oats & a TAke of those little whelkes or thels which forme doe call ginny money : wash fine or fix of them, and beat them to fine powder, and infule the juyce of Lemmons ypon them, and it will prefently boyle: but if it offer to boyle out of your glaffe, then ftop the mouth thereof with your finger, or blow into it. This willin a fhort time bee like an ointment; with which you must anoint the heat or pimples of the face oftentimes in a day, till you finde help. As the oyntment dryeth, put more inyce of Lemmons to it. This of an outlandish Gentlewoman, and it is an assured remedy, if the heat benot very extreme. Some have found by experience, that bathing manner !

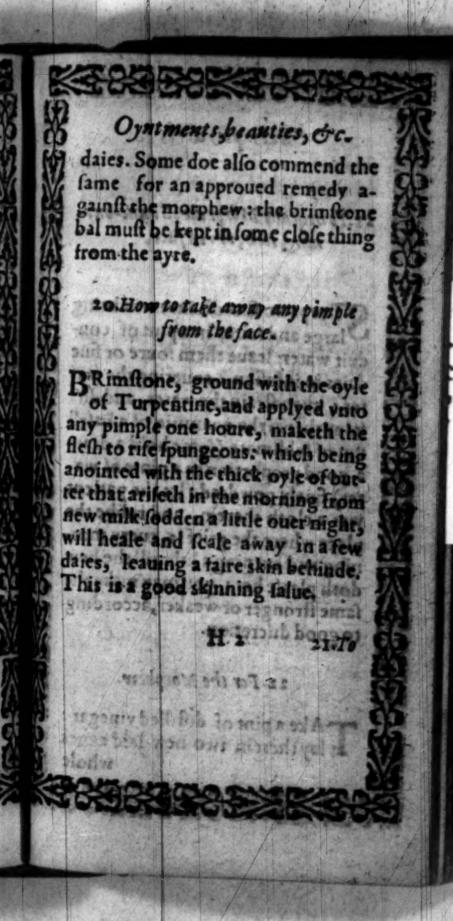


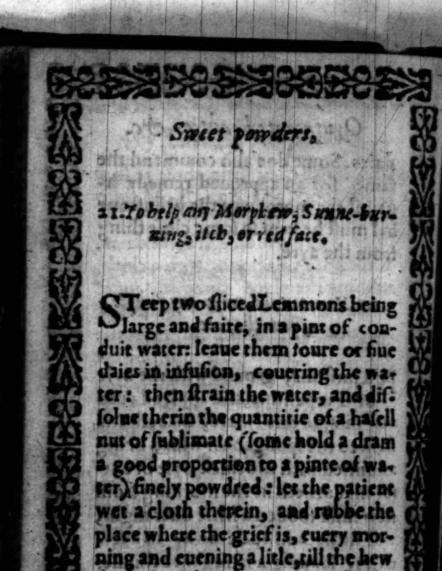
Sweet powders,

shis remedie. The Patient must not take any wee of his feete during the cure.

19. Aliter, & optime.

Ake halfe a pound of white difulled vinegar , two new laid eggs with their theis, two fpoonfuls of the flowers of brimstone : let these macerate in the vinegar by the space of three daies : then take out the egges, and prick them full of holes with a needle, but not too deepe, left any of the yolke fhould happen alfo to iffue : let that liquor alfo mix with the vinegar : then Brain all thorow a fine cloth, and tye vp the brimstone in the cloth, like a little ball : dip this ball in the Arained liquor when you vie it, and par it on the place three or foure times enery day: and this will cure any red face in twelve or fourteene dayes.



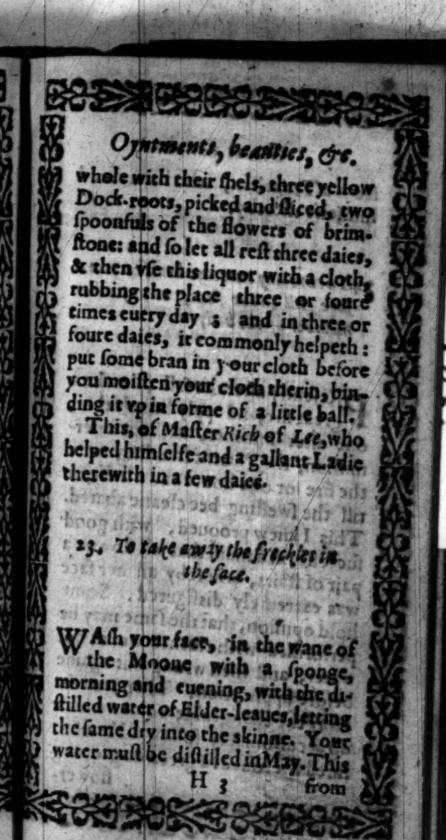


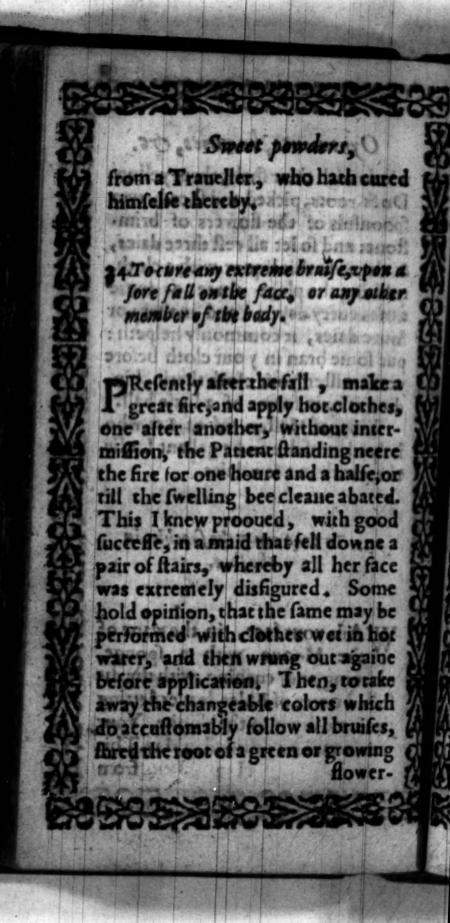
22. For the Morphew.

doth please her: you may make the

to good discretion.

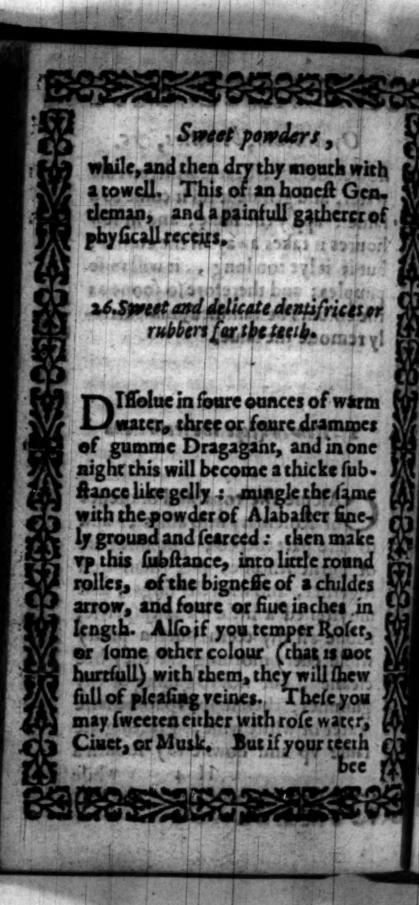
Tay therein two new-laid egges whole

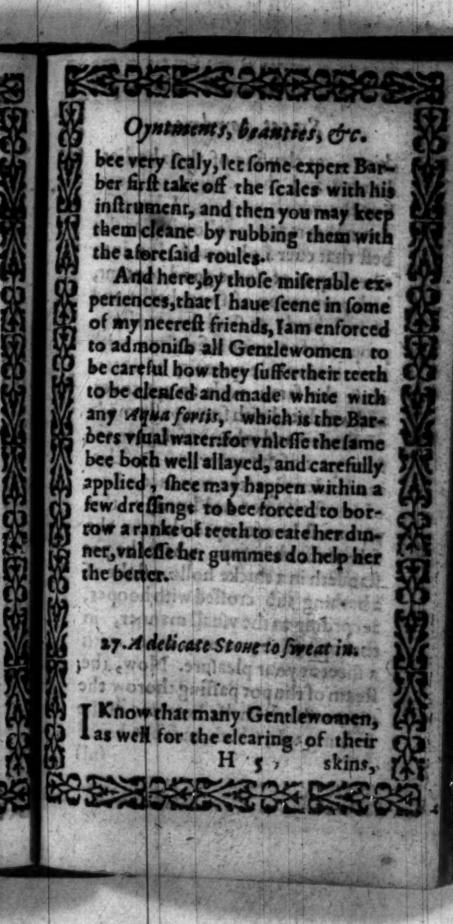




Oyatmenes, beauties, &c. flower deluce : beat it with red role water, and grinde it till it come to a falue : apply the fame, and in few houres it takes away all the colors; but if it lye too long , it will raife pimples: and therefore so soone as ly remode the falue. I Holye in foure orneces frearm 25. How to keepe the teeth clean le amosat line Cof Rolemary into athes, and to one part thereof, put one pare of burne Allome: mix them well together, and with thy finger, first

movifiened a little with thy spettle, rabbe all thy teeth ouer a pretty while every morning till they bee cleane , but not to galling of thy gummes: then suppe vp some faire water or white wine, gargling the faine vp and downe thy mouth a





### Sweet pondors

kins , as clenking of their bodies, do now and then delight to sweat. For the which purpose, I have fet down this manner following, as the best that ever I observed : Put into a braffe pot of fome good content, fuch proportion of fweet herbs, and of fuch kinde as shall bee most appropriate for your infirmity, with fome reasonable quantity of water: close the fame with an apt couer, and wel-luted with some paste made of Lower and whites of Egges at fome part of the couer you must letin a leaden pipe (the entrance wherof mustalfo bee wel-luted) : this pipemust be conveyed thorow the Ede of the chimney, where the pot standethin a thicke hollow stake of a bathing tub croffed with hoopes, according to the viuall manner, in the top, which you may couer with a sheet at your pleasure. Now, the Steam of the pot paffing thorow the pipe vnder the halfe bottome of the bathing tub, which must bee bored

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Oyntments, beauties, &c. full of bigge holes, will breathe fo fweet and warm a vapour vpon your body , as that (receiting ayre, b holding your head without the tub as you fir therein) you shall (weate most remperately, and continue the same a long time without fainting. And this is performed with a small charcole fire maintained vader the pot for this purpole, Note, that the room would bee close wherein you place your bathing tub, left any indden cold should happen to offend you whil'ft your body is made open and porous to the ayre. 28. Diners forts of freet bandwaters made fuddenly or extempore, with extracted oyles of Spices .. Irst you shall understand, that thenforuer you shall draw any 能災災物災災災災災

### Smeet powders,

of the aforesaid Oyles of Cynamon, Cloues, Mace, Nutmegs, or such like, that you shall have also a portle or a gallon more or lesse, according to the quantity which you draw at once, of excellent sweet washing water for your table: yeasome doe keepe the same for their broths, wherein otherwise they should vie some of the same kinde of spice.

But if you take three or foure drops only of the oyle of Cloues, Mace, or Nutmegs (for Cinamon oyle is too costly to spend this way) and mingle the same with a pint of faire water, making agitation of them a pretty while together in a glasse having a narrow morth, till they have in some measure incorporated themselves together, you shall find a very pleasing and delightfull water to wash with, & so you may alwaies surnish your selfe of sweete water of scuerall kind, before such time as your guests shall

此路然命の説明

bi

Omements, beauties, co.

be ready to fit downe. I speake not here of the oyle of Spike (which will extend very farthis way) both because every Gentlewoman doeth not like so strong a sent, & for that the same is elsewhere already commended by another Author. Yet I must needs acknowledge it to be the cheaper way, for that I assure my self there may be size or six gallons of sweet water made with one ounce of the oyle, which you may buy ordinarily tor a great at the most

casting bottle.

TAKE three drammes of oyle of Spyke, one dram of oyle of Thyme, one dram of oyle of Lemmons, one dram of oyle of Cloues, then take one graine of Cluet, and three graines of the aforefaid composition well wrought together,

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## Sweet powders.

ther. Temper them well in a filger fpoon with your finger : then put the fame into a filuer bowl, washing it out by little and little into the bowle with a little Role-water at once, till all the oyle be washed out of the fpoon into the bowl : & then do the like by washing the same out of the bowle with a little Rofe-water at once, till all the fent be gotten out, putting the Role-water Hill in a glaffe, when you have rempred the same in the bowl sufficiently. A pint of Role-water will bee fufficient to mingle with the faid proportion: & if you finde the fame not ftrong enough of the Cinet, then you may to enery pint put one graine and a halfe, or two graines of Ciuet to the weight of three grains of the aforefaid composition of oyles:

30.To colour a black hair presently into a Chesnut-colour.

This

Oynements, beauties, &c.

This is done with oile of Vitriol:

but you must do it very carefully not touching the skin.

31. A present and delicate perfume.

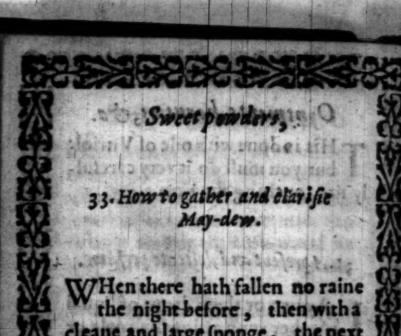
L'Amber vpon a glowing coale, or a peece of Lignum Aloes, Lignum, Rhodum, or Storaz,

32. To renew the sent of a Pomander.

frainc rour dow, and expose n to

Take one grain of Ciuet, and two of Musk, or if you double the proportion, it will bee so much the sweeter: grinde them upon a stone with a little Role-water; and after, wetting your hands with Rose-water, you may work the same in your Pomander. This is a sleight to passe away an old Pomander: but my intention is honest.

33 Hom:



the night before, then with a cleane and large sponge, the next morning, you may gather the same from sweet herbs, graffe or corne: straine your dew, and expose it to the Sun in glasses couered with papers or parchment prickt full of holes; strain it often, continuing it in the Sun, & in an hot place, till the same grow white and cleare, which will require the best part of the Summer,

Some commend May-dew, gathered from Fennell and Celandine, to be most excellent for sore eyes; and some commend the same (prepared as before) abone Rolewater for prescruing or fruits, flowers, &c.

34.Diners



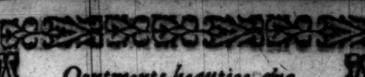
34. Divers excellent sents for gloves, with their proportions and other circumstances, with the manner of perfuming.

THE Violet, the Orenge, the Lemmon duely proportioned with other fents, performe this wells to likewife of Labdanum, Storax, Benjamin.

The manner is this: First, lay your amber vpon a few coales, till it begin to crack like lime: then let it cool of it self, taking away the coals: then grinde the same with some yellow ocre, till you perceiue a right colour for a gloue: with this mixture wash outer your gloue with a little haire-brush vpon a smooth stone in every seame, and all over: then hang your gloues to dry vpon a line: then, with gumme Dragagant dissolued in some Rose-water, and ground with a little oil de Ben, or of sweet

## Sweet powders,

fweet Almonds vpon a stone: strike ouer your gloves in every place with the gumme and oile to ground together : doe this with a little spange, but bee fure the gloues bee first thorowly dry, and the colour well rubbed and beaten out of the gloue: then let them hang again till they be dry, which will bee in thort time. Then if you will have your gloue to lye (mooth &faire in hew, go ouer it againe with your foonge, and the mixture of gumme and oile, and dry the gloue yet once againe. Then grinde voon your stone two or three grains of good Musk, with halfe a spoonful of Rose-water; and with a very little peece of a sponge, take vp the composition by a little and a little : and fo lay it vpon your gloue, lying voon the stone. Picke and ftrain your gum Dragagan: before you vieir. Perfame but the one fide of your gloue at once, and then hang it vp to dry, and then finish the other fide. Ten grains of Musk wil giue



Oyntments, beauties, &c.

giue a sufficient persume to eight paire of gloues. Note also, that this persume is done voon a thin Lambs leather gloue: and if you work voon a Kids skin or Goats skin, which is viuall leather for rich persumes, then you must adde more quantitie of the cyle of Ben to your gum, and go ouer the gloue twice therewith,

37. Sweet bags to lye among linnen.

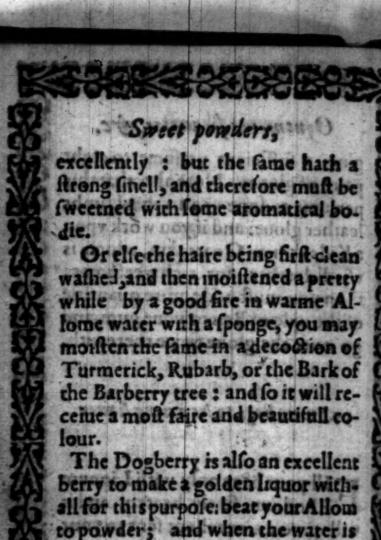
Fill your bags only with Lignum Rhodium finely bearen, and it will give an excellent fent to your linnen.

36.To make baire of a faire yellow

tels to a della his water.

Charles Services

THE last water that is drawn from honey beeing of a deepe redde colour, performeth the same excellently.

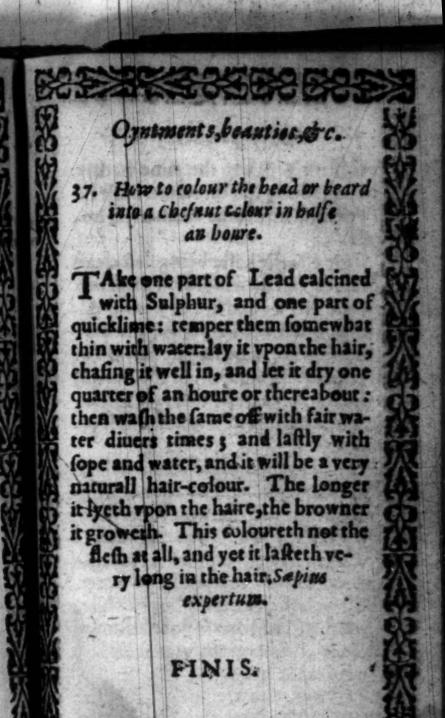


The Dogberry is also an excellent berry to make a golden liquor with-all for this purpose; beat your Allom to powder; and when the water is ready to seethe, dissolve it therein: four ounces to a pottle of water, will be sufficient: let it boyl awhile, strain it, and this is your Allomeliquor, wherewith you must first prepare the haire.

37 How



When blooms



to be tended to be bread on bradish much as a selection, attad of tradition bad a first s owned kn Akadous pation Lead calcined with Suldier, and one part of quicklishe: compecthem for low has this with wester lay it recorde hair. chaffag it well in, and lee u dry one quarter of an bourder thereshours their wall Met Chare off with fille was ter diodes titled a bad laitly with love and water and a will be a very rangeall hair-celear The langer the free baron tie hate sthe browner all son distribution if T in some the first of the section of the in lose in the her Series AND STREET

